

# 2015 Fall Fitness Special

THE MAGAZINE MEN LIVE BY

# Men's Health

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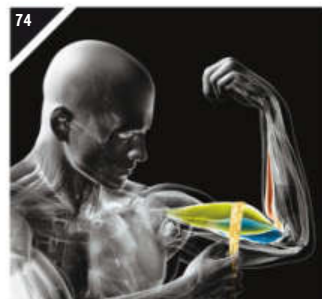
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J.J. Watt, photographed by Peter Yang. Styling by Summar Salah/ Zenobia Agency, grooming by Victoria Callaway/Zenobia Agency.







RN

TOMMY  HILFIGER

TH

# OCTOBER #MHchallenge



A spectacular fall is just around the bend.

# 1 2 3 4 5

## FALL DELIVERS A DOSE OF ADRENALINE. USE IT WILDLY.

NAIL THESE ASSIGNMENTS, TWEET YOUR RESULTS, AND MAKE THIS COOL SEASON EVEN COOLER.

### Give in to the temptation of fall's #1 fruit.

What snack is round, crunchy, and absurdly healthy? Nope, not Thin Mints. Our pick: apples. This is the season to score 'em, either from the tree (a fun date for, like, five minutes) or at the store. Eat an apple a day, peel included (we read that somewhere), and let the antioxidants and fiber do their work.



### Start a revolution in your garage. (But first, do this.)

Speaking of apples, the film *Steve Jobs* opens October 9, with Danny Boyle directing a script by Aaron Sorkin, and Michael Fassbender as Jobs. Maybe it'll inspire you to invent a device that changes the world. Or at least to tackle this Jobsian job: Clean your garage. Give yourself some space to create.



### Do your autumn leaf peeping like a real athlete.

Few fall pursuits beat a bike ride on a crisp day for pumping out feel-good endorphins. On the roads, slow down when appreciating the colors—the view from the ditch sucks. If you hit wet leaves, maintain your balance by just staying in the saddle and continuing to pedal. And don't turn!



### Stage your own obstacle race, or run in ours.

The *MH* Urbanathlon is 10 years old! If you can't hit New York (10/24) or San Francisco (11/22), create your own crazy circuit of running, stair climbing, and obstacle clearing. Your local high school may not have the cachet of Citi Field, but your quads won't know the diff. [menshealthurbanathlon.com](http://menshealthurbanathlon.com)



### Blow away your buddies in a radar-gun battle.

Great pitching often decides the World Series. If you're ever in a radar-gun duel with your pals, use the "crow hop." An explosive forward jump (like an outfielder firing to the plate) can add 3 or 4 mph to your heater. It's not exactly legal pitching form, but sticking to the rules is for losers.





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# Do You Need More Testosterone?

■ I WOKE UP TODAY AS A 46-YEAR-OLD. I'M NOT SURE HOW IT HAPPENED. MY COWORKERS tell me I look much younger than that, possibly because I require them to. And I think, feel, and behave more like a 35-year-old.

Still, as an official man-of-a-certain-age, I have to fight harder than ever to keep my V from turning into a U. There's not as much jump in my jump shot, and my jeans tighten if I even look at cheesecake. Also, the only way I could manage to think about sex 19 times a day—as the average guy apparently does—would be if my assistant added it to my calendar.

Yes, aging is a bitch. But does it have to be? In “Testosterone for Sale,” writer Paul John Scott looks into the trend of testosterone supplementation. It's become big business—I'm sure you've noticed the ads in *Men's Health*—as middle-aged guys seek to retain or even regain their youthful edge. In Scott's story, you'll meet a couple of men who say it's the best thing that ever happened to them. You'll also meet a guy who claims it almost killed him. So is low T a menace to masculinity, a normal consequence of aging, or a fake syndrome hyped by slick marketing campaigns? Find out on page 136.

After I first read our testosterone story a few months ago, I booked an appointment with my urologist. Maybe my T was on E. I started thinking seriously about—even looking forward to—a biweekly infusion of youth.

But when the blood test results came in, my doctor rolled his eyes at my concerns. “Your levels are normal,” he said. What about my jeans, my jump shot, my sex thoughts? “They're being suppressed by your life,” he told me. “Quit stressing about work. Take a few minutes to meditate during the day. Learn to decompress fully every evening. They'll be back.”

I took his nonprescription advice. And you know what? It's working, with one exception. My jump shot still sucks.



Testosterone  
makes the man.  
Or does it?

Bill

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*Men's Health* carries the very latest health, fitness, and nutrition reporting and taps the world's foremost experts so you can be more knowledgeable about your health. But every body is different. Take what you read here as general information; individual diagnoses and treatments can come only from a health care practitioner.



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*"Some photo shoots are easy—like when humans are involved. But coaxing a turtle across a table [page 28]? Not so much."*

## FAVORITE MH TIP

Turns out simple, tasty grub is easy. Try a fast foodie recipe, then snap a picture of it to share, eat, and enjoy (@MHFASTFOODIE).



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*"In 20 years I've done it all for MH, but MH has done more for me. Still waiting on my six-pack, though."*

## FAVORITE MH TIP

BEFORE YOU TURN TO A PRESCRIPTION, ASK, "HAVE I FULLY EXPLORED LIFESTYLE FIXES FIRST?" START THERE, NOT WITH AN RX FOR TESTOSTERONE: SEE PAGE 136.

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*"My team and I oversee the ultimate annual fitness challenge for our readers: the MH Urbanathlon. Are you in?"*

## FAVORITE MH TIP

PICK ONE: NYC ON 10/24 OR SAN FRANCISCO ON 11/22. THEN TRAIN HARD! TEST YOUR STAMINA WITH THIS MONTH'S PULLOUT WORKOUT.




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Today 4:37PM

Back, sry caught off guard  
Seems complicated.

It is and it isn't

So what...he's just cool with you  
doing what you want?

We don't tell each other  
everything but mostly yes.

Did you tell him about me?

Not yet. I will if you give me  
a story worth telling

tonight? promise i'll give you a  
reeeeal good one.

go on...

Today 6:53PM

soooooo?

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\*Inspired by actual events and people.



# “If I’d Been One Minute Later..”

Acting quickly, Jerry Severson plunged into a cold river to pull a father and daughter from their sinking car. **BY JEFF VRABEL**

THE WHITE SEDAN WAS HALFWAY SUBMERGED, ABOUT 15 FEET FROM THE riverbank. A man trapped inside was banging on the window. Jerry Severson stepped into the 50-degree water; it tugged at his legs. “I knew I wouldn’t be able to open the car door,” recalls Severson. “The current was just too strong.” He noticed that the back door was cracked open and the car was taking on water. Then he saw the 3-year-old girl in the backseat. Severson, who has a 2-year-old son, plowed forward.

Moments earlier, Severson had been driving to the zoo with his mom. It was a sunny Sunday morning, and he was enjoying the quiet ride along Minnesota’s Zumbro River when the metallic glint of the car’s roof caught his eye. “That’s an image I’ll never forget,” he says. He saw the man inside and hit the brakes. “I told my mom to call 911 and jumped out of the car.”

Two steps in, the water was up to his chest despite his 6’4” height. The swift, frigid current made him gasp. He wasn’t thinking of his own near-drowning experience as a child. His mother, now watching from the shore, had dived into the pool to save him. But now he was 46 and fit from cycling and tennis.

Severson went to work on the back door. “I could get my hand in there,” he says. “I just kept yelling, ‘Give me the baby!’”

The girl’s father, Jian Zhong, had unbuckled her, but he couldn’t twist enough to hand her out. So Severson pried the door open, lifted the girl, and fought the current back to the riverbank. He handed her to his mother. Then he plunged back into the rushing water, trudged to the car, and dragged Zhong out through the back door. By the time the two men made it back to shore, the car was almost fully submerged.

A week after the accident, Zhong’s family invited Severson out to dinner. “That very day, Zhong and his wife found out they were having another child,” says Severson. “If I’d have been a minute later, it could have been...” he trails off. “I’m just a regular person, you know?” No sir, not anymore.



## DON'T GO DOWN WITH THE SHIP

SOME 400 PEOPLE DROWN INSIDE CARS EACH YEAR IN NORTH AMERICA. THESE STEPS COULD SAVE YOUR LIFE.

### 1/ Release Your Belt

Unbuckle yourself and your passengers, but don't try to budge the door. Consider: With doors shut, you'll float for 2½ minutes or so. But once they open, water rushes in and you'll sink in about 11 seconds, according to research by Gordon Giesbrecht, Ph.D., of Manitoba University.

### 2/ Go for the Window

Power windows are built to operate for 30 to 90 seconds after a vehicle hits water. If they fail? “You won’t be able to break the window,” says Giesbrecht. A spring-loaded punch, like the Resqme (\$10, thefirestore.com), will shatter the glass. Stash one in your glove compartment.

### 3/ Help the Little Ones

Zhong and Severson had the right idea: Kids first. If they can’t swim, have them grip the side of the car until you’re out too, Giesbrecht says. You have time—in the study, three adults and one child-size mannequin escaped through one window in just 51 seconds. —MCKENZIE MAXSON



# Men's Health URBANATHLON

## 2 DISTANCES:

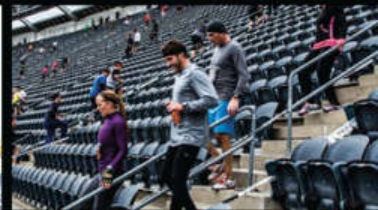
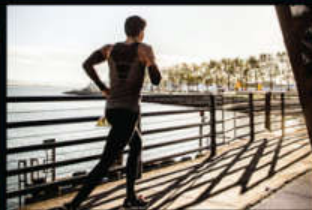
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# RULES I LIVE BY Fighting Fatigue

How our health experts remain fully charged even on the busiest days.



## Hit the Nap Sack

"If I'm feeling tired, I take a nap after lunch. I do it right: dark and cool room, reclining chair, no shoes, blanket, ear-plugs. I set my alarm for 25 minutes. When I wake up, I drink a glass of water and brush my teeth with Marvis Classic Strong Mint toothpaste. **The scent of peppermint can help increase alertness.** In fact, I warn patients who have trouble falling asleep to avoid mint toothpaste before bed."

**W. Christopher Winter, M.D.**, is medical director of the Martha Jefferson Hospital Sleep Medicine Center in Charlottesville, Virginia.



## Take Your Meditation

"Mindfulness, including guided meditation, is rejuvenating, refreshing, and reenergizing. **I use a free app, Headspace, to guide me through my 20-minute morning meditation.** If I miss it, I'll try to squeeze in a session later in the day. I've also started practicing the 'three good thoughts' exercise before I fall asleep at night. It's simple—you just focus on three good things that happened that day. Doing this will fill you with positive energy."

**Mark Welton, M.D.**, is chief of colorectal surgery at Stanford Cancer Center.



## Recharge with Solar Energy

"For a boost when you're flagging, **go outside for a quick walk and focus on breathing deeply.** When I do this, it's amazing how quickly that burst of sunshine and fresh air gives me the energy I need to accomplish whatever I'm working on. I also drink coffee and black tea for the combo hit of caffeine and antioxidants, but I cut myself off by the afternoon so it won't interfere with my sleep."

**Travis Stork, M.D.**, is an emergency medicine physician and host of the syndicated TV show *The Doctors*.



## Fill Up on Premium Fuel

"A good breakfast is key. **I always include protein and stay away from refined carbs.** They break down into sugar quickly and stimulate a burst of insulin in your body, which helps process the sugar but then can leave you with low glucose levels. That makes you feel fatigued and leads to the 10 a.m. craving for doughnuts. My go-tos are scrambled eggs, yogurt with fruit and nuts, and granola with kefir and nuts."

**Benjamin Kligler, M.D.**, is vice chair and research director of Mount Sinai Beth Israel's department of integrative medicine.



## Use Power to Make Power

"My day often starts at 5 a.m., and after a long stint in the OR I'm sometimes totally beat. My solution is to exercise. **Alternate between four different things fresh:** weights, treadmill, rower, and body-weight circuits (jumping jacks, squats, mountain climbers, and pushups). Exercise revs your cardiovascular system and stimulates various brain chemicals that make you feel happier and more relaxed. I find myself energized the rest of the afternoon and into the evening."

**John Eleftheriades, M.D.**, is director of the Aortic Institute at Yale University and Yale–New Haven Hospital.

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## Could I contract Lyme disease and not know it?

ANDREW, WESTCHESTER, NY

Sure, if you're among the 20 percent who don't develop a bull's-eye rash, fatigue, fever, chills, or joint aches. These are the trademark symptoms most people suffer within a week or so of being bitten by a black-legged deer tick, says Alan Barbour, M.D., a professor of medicine and microbiology at UC Irvine. These critters often carry the *Borrelia burgdorferi* bacteria, which cause an infection that, if left untreated, can lead to numbness or pain in a limb, trouble concentrating, and even facial paralysis. So check yourself if you've been out in long grass or beneath trees. Found a tick? Carefully remove it with tweezers and use the Lyme Disease Tick Map app (free, iOS) to find out the species and how long it's been feeding on you. If you're concerned, a blood test can tell whether you've been infected.

## I sometimes get painful blisters during long runs. What's the best way to speed up the healing process?

ERIC, CLINTON, NJ

DIY surgery, stat! Draining a blister by puncturing it with a needle is still the best and fastest way to help it heal, says Robert Eckles, D.P.M., M.P.H., dean of clinical studies at the New York College of Podiatric Medicine. But before you prick yourself, make sure it's not a blood blister. If you see red, or if you have diabetes (which can delay wound healing), let your doctor handle the operation. All clear? Douse a cotton ball with 70 percent isopropyl alcohol and swab the

irritated area. Then use more isopropyl alcohol to disinfect a sewing needle. (Don't put needle point to flame. Carbon particles could cause further infection or even tattoo you.) Now puncture the bubble and gently drain the blister into the cotton ball, leaving the excess skin there to protect the underlying tissue, says Dr. Eckles. During the day, cover the wound with a nonstick bandage; at night, remove the bandage so the area can dry out. To avoid blisters on your next run, reduce moisture and friction by wearing two pairs of thin running socks made of synthetic fibers—cotton isn't as effective at wicking away moisture.

## I know inflammation is bad. But is the anti-inflammatory diet any good?

IAN, PHILADELPHIA, PA

It's a trend now, so it goes by many names—the Mediterranean diet and the Blue Zones diet are just two. The idea is to steer clear of foods containing added sugars and trans fats, two inflammation inducers that can bring on spikes in blood sugar and triglycerides. The resulting increase in free radicals can damage your DNA and blood vessels, says James O'Keefe, M.D., head of preventive cardiology at St. Luke's Mid America Heart Institute in Kansas City, Missouri. In addition to making you feel tired and

If you detick within 24 hours, you may prevent Lyme disease infection.



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## Vibration Platform

● SKIP IT

● WORTH IT

**The Claim** Doing moves like biceps curls and pushups on this pulsing machine can help improve your speed and strength.

**The Reality** How badly do you want to shake up your current workout routine? Because standing on one of these vibrating contraptions will feel like trying to exercise during a mini-earthquake: You hang on to the handrail as the base oscillates, forcing your body to work harder to maintain its balance, explains *MH* training advisor David Jack. "The platform's power may seem subtle at first, but it moves at 20 to 50 oscillations per second. That means your muscles are firing at a much faster rate," he says. "Normally they fire only about twice a second."

The benefits? In a *Journal of Strength and Conditioning Research* study, people who stood on a platform vibrating at 50 hertz performed 22 percent more reps of an upper-body exercise, and completed the reps at a faster rate, than people who didn't use the vibration feature. But be warned: Beginners are lucky if they can simply stand there for 30 seconds without tiring. Only after you've built some basic stabilizing strength will you be ready to adjust the settings and move on to squats, planks, and pushups. And hands off if you've had a recent concussion or back or knee injury, says Jack. The oscillations can cause vertigo and may overexert strained muscles.

that, says Linda Harris, Ph.D., an investigator at the Western Center for Food Safety at UC Davis. With gassing, batches of almonds are dosed with propylene oxide (PPO) to kill off bacteria and then flushed with fresh air before packaging. EPA testing shows that the PPO has vanished by the time you bolt down those nuts. Still wary? Go for the steam-cleaned variety, which are pasteurized without chemicals and meet the USDA's organic program standards.

### If I damaged my car but no one else was involved, will my insurance company increase my premium rates?

JOE, GREENVILLE, SC

Maybe—assuming your ding or dent is worth reporting in the first place. Obviously you'll pay out of pocket for fixes that cost less than your deductible. But if the repair comes in higher and you do decide to go through insurance, find out if your policy includes an accident forgiveness clause, says Robert Hoyt, Ph.D., a professor of risk management and insurance at the University of Georgia. This is a guarantee that your rates won't go up for your first at-fault fender bender. No clause? Then call your insurance rep and ask if the company would consider waiving a claim or at least lowering any potential rate increase. It might work, especially if your driving record is good and you haven't had any claims in a few years, says Hoyt. Otherwise, just one claim can spike your annual premium by as much as 41 percent, according to 2015 research from insurancequotes.com. And that increase can more than double if you file two claims in one year. So sit down and do the math to figure

out the less painful option: paying out of pocket now for the repair, or through the nose later for your insurance.

### My son was vaccinated against measles, but one of his friends wasn't. Could my kid still get sick?

KYLE, GREENWICH, CT

Cancel the playdate. The vaccine is 99 percent effective in people who've had two doses, but that still leaves your son with a 1 percent chance of catching measles, says Matthew Kronman, M.D., M.S.C.E., a pediatric infectious disease specialist at Seattle Children's Hospital. There were 117 measles cases linked to the Disneyland outbreak earlier this year, and from what we currently know, at least 12 percent of the people who contracted the infection had been vaccinated. Sure, your own kid getting sick might be a long shot, but why risk it? Now for our obligatory reminder that yes, the shots are safe: A 2015 study published in *JAMA* found no connection between the MMR vaccine and the onset of autism, even among those kids considered at high risk for developing the disorder.

### The air at my fitness center's pool reeks of chlorine. Is it dangerous?

JOHN, PORTLAND, OR

Don't hate on chlorine. The chemical is extremely effective at killing off *E. coli* and cholera, says Manolis Kogevinas, Ph.D., codirector of the Centre for Research in Environmental Epidemiology in Barcelona.

achy, free radicals can raise your risk of heart disease, osteoporosis, diabetes, and dementia. But just as important is what the diet says you *should* eat: Foods that contain protective phytonutrients and disease-fighting antioxidants. Think fresh fruits and vegetables, extra-virgin olive oil, nuts, and even red wine. In a 2015 *Nutrition Journal* study, men with high blood concentrations of Hs-CRP, an inflammation marker, saw a 27 percent reduction after following this approach for four weeks.

### When buying almonds, should I choose the gassed or steamed kind?

DAVE, TUCSON, AZ

We'll take either of those options over salmonella poisoning, thank you. All almonds sold in the United States must be pasteurized, and gassing or steaming them are two ways to do

## I read that some NFL players take ballet barre classes. Seriously?

MARK, DENVER, CO

Yep. Except they rock tights instead of tutus. Barre training is modeled after moves that ballet dancers perform in their studios. You hold on to a horizontal bar and do stretches and technical ballet squats to strengthen your quads, glutes, hamstrings, ankle ligaments, and hip flexors. The goal is injury prevention, explains Daniel Cooper, M.D., head physician for the Dallas Cowboys. His players use the barre to incorporate flexibility into their strength and conditioning training and to reduce the risk of soft-tissue injury, Dr. Cooper says. Not ready to add pirouettes to your sets? Try this squat at the gym, suggests Jennifer McCamish, owner of a Texas barre studio who trains NFL players. Position a barbell at waist height in its holding rack. Grip the bar with both hands and stand on your tiptoes. Bend your knees slightly and lean back so you look like you're water-skiing. Then bob up and down about an inch as many times as you can. Do this twice a week or more to improve your range of motion.



TOBY LEIGH (Illustration), courtesy Performance Health Systems (platform)



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## YOUR BODY, DISSECTED

Mark Wolff, D.D.S., Ph.D.



### Why do I sometimes bite my tongue when I eat?

GEORGE, HOUSTON, TX

Actually, here's a better question: Why don't you tenderize your tongue every time you chow down? Your pons is the main player here: This area of your brain acts as autopilot for many basic from-the-neck-up functions, including chewing, swallowing, and tongue preservation. Whenever you begin chewing, your pons sends a message to the hypoglossal nerve to keep your tongue out from between your teeth. And the vast majority of the time, the coordination is perfect.

Still, every once in a while, the command for your licker to lay low doesn't make it through. This typically happens because some unexpected mealtime stimulus—the sudden urge to say something, or a surprising taste or texture—drowns out the low-level signal from your pons. There isn't much you can do to avoid the occasional tongue sandwich, though you can ease the ache: Suck on an ice cube to numb the pain and reduce swelling.

Iona. What you should actually worry about is trichloramine, a respiratory irritant that forms when chlorine reacts with skin cells, hair, sweat, and (thank you, toddlers) urine. Too much exposure to air laden with trichloramine may increase your risk of asthma, warns Kogevinas. In fact, a 2015 study published in the *Journal of Allergy and Clinical Immunology* found significantly higher asthma rates among swimmers than water polo players or divers. This may be because the lap guys spend so much time breathing along the surface of the water, says Susan Richardson, Ph.D., a professor of chemistry at the University of South Carolina. The good news is that you can easily sniff out the trouble. If the air at your local pool is overpowering, ask the manager to do a better job of ventilating the place.

### I often sweat in my sleep. Is that unhealthy, or just gross?

KEVIN, SAN DIEGO, CA

It's probably nothing to lose sleep over. In most cases, cortisol is the culprit behind nighttime sweats, says *Men's Health* sleep advisor W. Christopher Winter, M.D. Your body's levels of this

stress hormone tend to drop naturally about an hour before bedtime, and that's accompanied by a dip in body temperature that causes you to pull the blankets (or your honey) closer. Cortisol rises again around dawn, along with your body temperature—except that now you have extra layers of fabric on top of you. No wonder you wake up wetter than you were when you went to sleep. Men, especially muscular men, also tend to break a sweat more easily than women do because their metabolism is higher, Dr. Winter says. Your options: Use bedding made with moisture-wicking materials, such as DermaTherapy Sport sheets (\$200 and up, [dermatherapysport.com](http://dermatherapysport.com)). Or sleep on a ChiliGel cooling pad, which draws heat away from your body (\$50, [chilitechnology.com](http://chilitechnology.com)). Now if you try everything and find that you're still schvitzing, it might be time to see your doctor. Excessive sweating could be a side effect of antidepressants, or a sign of hyperthyroidism or sleep apnea.

### I'm a cash-only kind of guy. How can I build my credit score to be approved for a mortgage?

ADAM, PARK CITY, UT

You'll have to lay down some of that cash for a secured credit card. This type of card requires a sum of your own money as a security deposit, says Jeff Rose, C.F.P., author of *Soldier of Finance*. It's ideal for people who need to establish a credit history or who have a score that's lower than what a credit card company is comfortable with, says Rose. The payoff: The card issuer will report your spending habits to the three major credit bureaus, and you'll receive your deposit back once you close the account. In order to build credit quickly, use the card to pay all your monthly basics, such as gas and groceries. If you keep your balance below 20 percent of your spending limit and pay the bill in full each month, your credit score could improve by 100 points in six months, says Rose. Just read the fine print before you start swiping: Some secured credit cards come with steep annual fees and interest rates. Rose suggests sticking with one from a local bank or big-name carrier, such as Capital One's Secured MasterCard, which carries no hidden fees. To see a side-by-side comparison of secured cards, visit [nerdwallet.com](http://nerdwallet.com).



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# TAKE A HIKE, TEMPTATION

Want to kill a craving? Run it over. **Moving your feet can help you resist the lure of sugary foods,** an Austrian study suggests. When stressed-out people hopped on a treadmill for 15 minutes, their desire for sweet, high-calorie snacks fell by 23 percent, while those who stayed put saw no change. Stress-busting exercise may reduce your subconscious need for that short-lived sugar boost, says study author Martin Kopp, Ph.D. A brisk walk around the office could also do the trick.

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OCTOBER 2015



## Slow Down to Slim Down

You don't need heavy exertion to cut your gut: **Low-intensity exercise can deflate your spare tire just as effectively as high-intensity exercise can**, suggests new research published in *Annals of Internal Medicine*. After six months of treadmill training, the study participants had the same success—1¾ inches less belly—whether they burned 600 calories the harder way (in 40 minutes) or the easier way (in 60 minutes). “When it comes to abdominal obesity, intensity makes no difference,” says study author Robert Ross, Ph.D. The “easy” group walked or jogged at 50 percent of their VO<sub>2</sub> max five days a week.

**PUDGE  
CRAWL**



LOSING STRATEGY

### EAT FOUR MEALS A DAY

Pack a second light lunch for work and eat it before you head home for dinner.

**Why It Works** A light meal—like cheese and fruit—can help you cut calories at dinner. Researchers in Spain found that people who ate *merienda*, a small meal between lunch and dinner, were 36 percent less likely to have abdominal obesity than those who didn't partake of the extra repast.



### RED LOOKS GOOD ON YOU

Here's a winning color combo: **Eating red and purple produce may help you shed pounds**, say scientists in Iran. Men who piled their plates with foods like watermelon, red onion, red grapes, and tomatoes put on less weight and had smaller waists than those who ate more green, yellow, orange, and white produce. The variety of nutrients found in red and purple foods—lycopene, potassium, and carotenoids—may be key to keeping the pounds off for good, the researchers say.

### The Loser Letdown

Could you drop 35 percent of your body weight in five months? The 2010–2012 *Biggest Loser* contestants did. Yet research from the University of Wisconsin at Milwaukee found that the TV show was impractical, focusing mostly on exercise and too little on diet. Worse, people often regained all their weight after the show ended.

#### Portion of episode devoted to weight-loss strategy



#### Average weight loss from start to finish



# 13

NUMBER OF POUNDS MEN LOST WHEN THEIR DOCTOR TOLD THEM THEY HAD TO LOSE WEIGHT

Source: *Economics & Human Biology*





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## Run Like the Wing

Attackers net the glory in soccer, but they don't do the most work, a Norwegian study reveals. Researchers tracked how far and fast pros move and found that **wing midfielders cover the most ground, jogging, running, and sprinting 7.4 miles per game.** David Tenney, a Seattle Sounders FC trainer, says this mix is good for your cardio workouts too. Try his plan: On day one, jog for 40 minutes. On day two, run fast 3 minutes and rest 3 minutes; repeat 5 times. On day three, alternate sprinting and resting for 15 seconds each; do this 8 times. Rest 3 minutes and repeat 3 times.

### What's Their MPG (Miles per Game)?

	Central Defender	Fullback	Central Mid	Wing Mid	Attacker
WALK/JOG	5.1	5.1	5.5	5.4	5.1
RUN	0.9	1.7	1.5	1.8	1.3
SPRINT	0.1	0.2	0.1	0.2	0.1
<b>Total</b>	<b>6.1</b>	<b>7.0</b>	<b>7.1</b>	<b>7.4</b>	<b>6.5</b>

Source: *Journal of Strength and Conditioning Research*

Play the whole field-like Ronaldo.



## WHEN STRESS GETS PHYSICAL

Chill out or break down: **Life stress raises your risk of sports injury**, a University of Missouri study reveals. College football players were twice as likely to sustain an injury when they were under academic pressure. "Your body can take only so much stress, whether it's from work, exercise, or anything else," says study author Bryan Mann, Ph.D. His advice: Spend 10 minutes a day focusing on your breath and a single positive thought.

# 30

MINUTES OF EXERCISE, SIX DAYS A WEEK, THAT CAN CUT YOUR RISK OF EARLY DEATH BY 40 PERCENT

Source: *British Journal of Sports Medicine*

### BURN NOTICE

## ROW AWAY YOUR GUT

Men burned about 45 percent more fat on a rowing machine than on an exercise bike in a recent Irish study. Why? Rowing recruits more muscle. Your gut check: Try to row 2,000 meters in 7 minutes.







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## Ah, That Hits the Spot

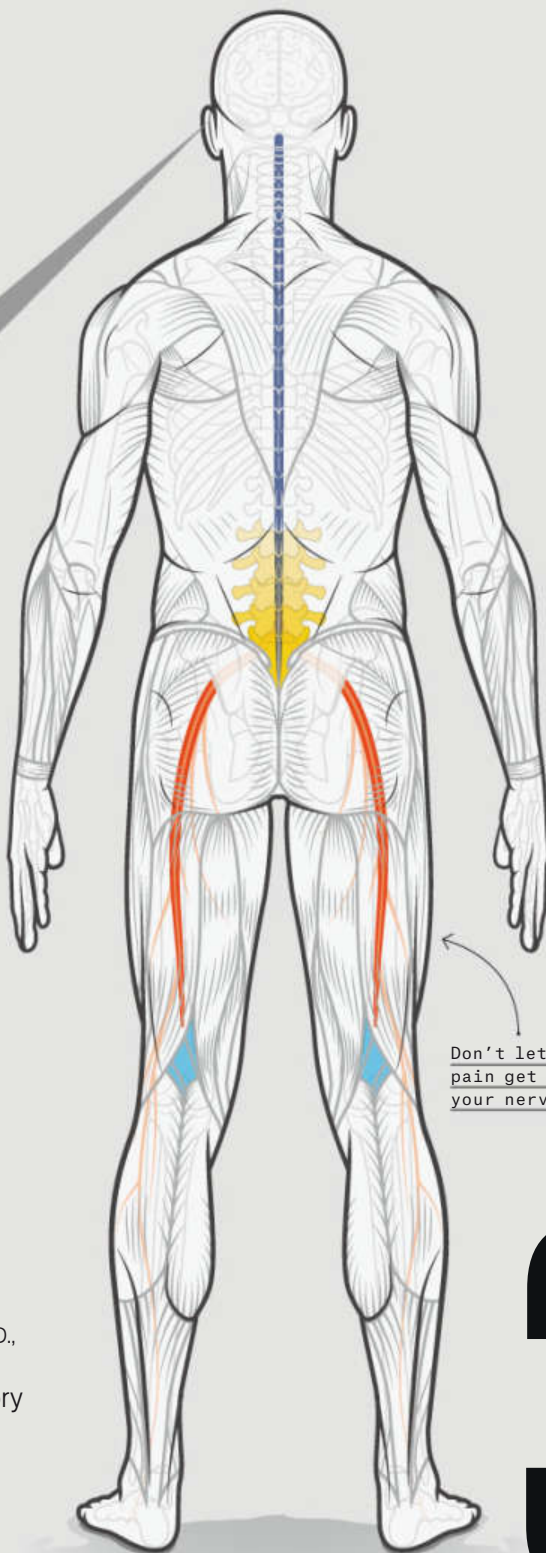
Applying pressure to these points in your ear sends pain-relieving signals down your spine.



● POPLITEAL FOSSA ● SCIATIC NERVE ● LUMBO-SACRAL ● GROOVE OF SPINAL POSTERIOR

## Give Pain an Earful

Back barkin'? Try an aural medication. Recent University of Pittsburgh research suggests that **ear acupressure can help relieve chronic back pain**. People with the wince-inducing condition who received weekly treatments for a month reported a 44 percent reduction in their suffering. Study author Chao Hsing Yeh, R.N., Ph.D., explains that ear acupressure may trigger a neural pathway to release fewer pro-inflammatory chemicals and more anti-inflammatory ones. Go to [nccaom.org](http://nccaom.org) to locate a practitioner who can teach you how to push the right buttons.



Don't let the pain get on your nerves.



## AVOID A FLEEING

Your bedding may lead to more sneezing than snoozing: **Cozy blankets can be a breeding ground for dust mites**, an Irish study suggests. When both fleece and cotton were exposed to the microscopic bugs, the plush material attracted 42 percent more mites than the cotton did. That's because fleece has deep pile fibers that twist and turn, allowing mites to crawl inside and settle there, says study author David Clarke, Ph.D. To kill them, wash fleece in hot water (at least 131°F) every week or two and line-dry if possible: The sun's UV rays help destroy the mites' allergens.

# 33

CLINT FORD (Illustration), Masterfile Royalty Free (mite), Wavebreak Media Ltd./Alamy (doctor)

INSTANT Rx

## BLOW OFF HIGH BP

**The Symptom** Your blood pressure reading is often higher in a doctor's office than at home. Blame white-coat hypertension, a spike in BP brought on by the stress of seeing your M.D.

**The Prescription** Before you're cuffed, take three to four deep breaths over 30 seconds. In a Croatian study, people who did this lowered their systolic BP by 15 points. Deep breathing slows your heart rate, which in turn triggers the reflexes that control blood pressure to bring it down accordingly, the researchers say.

CUFF  
REMEDY

PERCENTAGE OF VICTIMS OF SPORTS-RELATED CARDIAC ARREST WHO'D HAD SYMPTOMS, LIKE CHEST PAIN, WITHIN THE PRIOR 7 DAYS

Source: *Circulation*



# SAUVAGE

THE NEW FRAGRANCE

Dior



# 6

## AVERAGE TIMES A MONTH COHABITING COUPLES HAVE SEX (VERSUS FOUR FOR MARRIED COUPLES)

Source: Social Science Research



SOCIAL STUDIES

### BLOCK THAT EX?

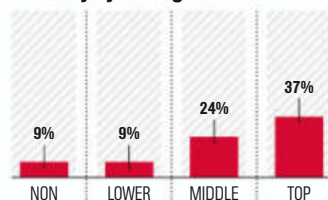
You've split amicably. Should you dump her as a Facebook friend?

**The Answer** No. A new Canadian study found that people who stayed friends with their ex suffered the lowest levels of post-breakup distress. But if it was a bitter split, cut all ties; her virtual presence will do more harm than good.

## C-Suite Cheating

Women executives are just as likely as male bosses to sneak around, a German study reveals. And the higher a person's rank, the researchers say, the more appealing the secrecy of an affair becomes and the less obligation the cheater feels to abide by social norms.

### Infidelity by Management Level



Source: The Journal of Sex Research

## Her Sex Dreams Come True

Hit the hay early and get lucky tomorrow.

**Women who sleep longer are more easily aroused**, according to research from the University of Michigan. Among women in relationships, an extra hour of sleep increased the likelihood of action the next day by 14 percent. Sleep raises levels of sex hormones that affect desire, says study author David Kalmbach, Ph.D. Men, too, can improve their sexual health by logging more shuteye, he says.



## NICE GUYS GET THE GIRL

Is humble the new hot? A Hope College study using fake online dating profiles reveals that **women find modest guys more attractive than self-promoters**. Humility signals that you'll treat her well, says study author Daryl Van Tongeren, Ph.D. That's because humble people tend to put others' needs before their own. One way to appear confident and capable but not cocky: Mention your accomplishments while sharing the credit.

FOREPLAY  
MADE EASY



A photograph of Mariano Rivera, a former MLB player, sitting on a wooden bench in a baseball dugout. He is wearing a blue baseball cap, a grey and blue long-sleeved shirt, blue jeans, and blue Skechers sneakers. He is smiling and holding a black baseball glove. In the background, two other players in red caps are visible, sitting on the same bench. The dugout has blue walls.

*Mariano Rivera*  
MARIANO RIVERA

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# Uncommon Knowledge

**THE INSIDER'S  
GUIDE TO EVERYTHING**

## Primal Threats

## Loss of Control

Most men feel that their actions can dictate their destiny, Bader says. That's why the concept of an uncontrollable event—like a heart attack, a layoff, or a stock market crash—leaves them stressed and anxious, says New York City psychiatrist Robert London, M.D. The 15-second fix: Close your eyes, breathe slowly, and replay a great memory as if it's being projected on a movie screen in your mind, Dr. London suggests. A 2014 *JAMA Internal Medicine* review found that meditation can work just as well as antidepressants to keep you calm.

## Random Violence

Terrorist attacks and mass shootings unsettle us precisely because they're so random. This explains our strange fear of evil clowns and zombies—they're bogeymen built for chaos, Bader says. But random doesn't mean likely. You'll recognize that better by turning off the tube: Men who were most fearful tended to watch dark shows like *The Walking Dead* or *True Detective*. Then exorcise your demons: A review of research from the University of Georgia found that physically active people reported up to 55 percent less anxiety than sedentary folks.





## SHE'S RIGHT

### Don't Inhale Your Food

**SHE ASKS** "Do you want me to ask the waiter for a shovel?" Translation: Stop eating like a hyena over a zebra carcass. It's more than just unattractive—it's bad for you. **WHY SHE'S RIGHT** Your mouth is leaving your digestive system in the dust. In general, your brain needs about 20 minutes to record that your stomach is full, says Eva Almiron-roig, Ph.D., a dietary researcher at the University of Cambridge. At the same time, inhaling your entrée prevents your tastebuds from fully registering the flavor. "When you chew more, the food spends a longer period of time in your mouth, and the intensity of its taste is higher than when you chew for less time," Almiron-roig explains.

In fact, a study from Iowa State University reveals that normal-weight people take 27 percent more time to chew their food than overweight folks do. And in your haste to get your feed on, you may actually lose nutrients. A Purdue University study determined that people who chewed almonds 40 times before swallowing absorbed more satiating healthy fats than those who chewed 10 or 25 times.



**HOW TO FIX IT** Use a salad fork to limit the size of your bites. And whenever possible, choose foods that force you to recruit your chop-pers—steak instead of meat loaf, brown rice rather than mashed

potatoes, raw carrots in place of creamed spinach.

Your goal: no more than five forkfuls per minute. This rate correlates with that full feeling and a substantially lower calorie intake

per sitting, U.K. scientists say. Can't watch the clock and your plate at the same time? Match the pace of the slowest eater at the table. Or check the expression on your wife's or girlfriend's face. —LILA BATTIS

## BODY BENCHMARK

### Do You Have What It Takes to Be a Stuntman?

Insanity isn't a job requirement for the most dangerous work in Hollywood, but it might help. Several top performers with the Stuntmen's Association of Motion Pictures say a professional daredevil must be comfortable falling at least 50 feet from a window, driving a slalom course at 40 mph in reverse, and enduring at least 50 punches in a three-minute simulated brawl. Needless to say, this is advanced stunt work. To see if you have the basic lunacy and fitness to be a daredevil, try to hit these benchmarks set by Eddie Fernandez, one of Hollywood's top fall guys. Ace them and you could get cast—instead of ending up in one. —LAUREN DEL TURCO

# 30

Number of seconds to hold your breath while thrashing under water. (Beating O<sub>2</sub> deprivation is also key if you're ever set afire in a flame suit.)

# 150

Total punches thrown into a punching bag in three minutes. (It takes fitness and coordination to learn fast fight sequences.)

# 8.5

Pace, in miles per hour, to maintain while running 5 miles. (You'll need serious cardio to nail Bad Guy Chase Scene, take 47.)







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## The Blower That Leaves No Trace

A great leaf blower should really blow (and suck) so your lawn cleanup doesn't. But hassle-free also means no deafening drone from a gas-powered motor and no extension-cord trip hazard trailing an electric model. The solution? Battery power! The newest rechargeable types have the juice to compete with the blowhards, minus the noise, pollution, and booby-trap cord. Here's how to draft a winner. —JEFFERY LINDENMUTH

A

**POWER SOURCE** Lithium-ion batteries are smaller and lighter than NiCads and won't lose their charge between uses, says Marissa Munoz of Power Equipment Direct. A battery labeled "4Ah" (4 amp-hours) should yield 40-plus minutes of run time. Go with a 24-volt minimum for full-throttle muscle.

B

**WIND SPEED AND CONTROL** Those mph claims may be a lot of hot air. Instead, spec out cubic feet per minute (cfm), which tells you the volume of air being moved, Munoz says. A minimum of 120 cfm is good for most lawns. And skip button controls; a dial or pressure trigger is far more precise.

C

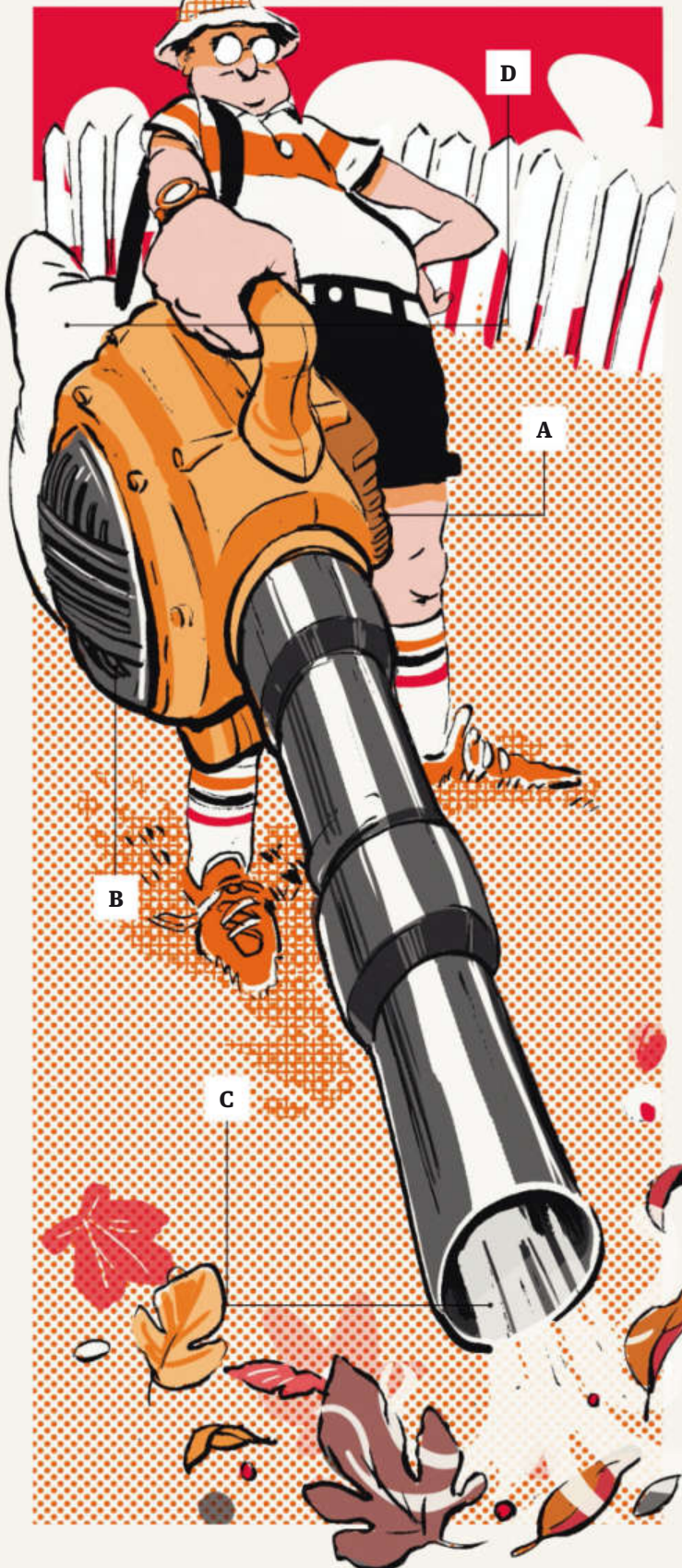
**WEIGHT AND LENGTH** Your rig should be under 10 pounds *before* the battery is attached, says Chris Lambton, host of DIY Network's *Yard Crashers*. For fit, try this test: Hold the blower at your side like a suitcase. The nozzle should be 2 to 3 inches above the ground to avoid wrist or elbow strain.

D

**MULCH MODE** Suck-and-grind settings may drain a charge twice as fast as shooting air, says Munoz. So buy a backup battery or blower that allows swap-ins from other tools. Bag capacity? Shoot for a bushel, max. Compressed leaves add weight fast, and only your yard should end up winded.

### OUR FAVORITES

**BLACK+DECKER LSWV36**, \$150 (FOR A SMALL YARD); **GREENWORKS DIGIPRO G-MAX**, \$350 (FOR MAJOR ACREAGE)



Stop working like a dog. It's time you learned a new trick.



FINAL ANSWER

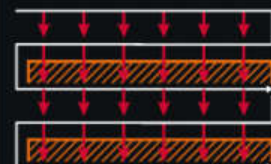
## RAKE YOUR LAWN FAST

For centuries, guys have groaned about fall for a reason: Unless you own a leaf blower, you'll be manually moving fallen foliage off your lawn. Here's how to rake leaves without losing your entire weekend.

Your usual method may be to make several piles to divide into lawn bags. That wastes time, though. You're retracing steps over areas you've already cleared!

Instead, start at one side of the yard and work your way to the other in a zigzag pattern. As you move down your first column of lawn, rake the leaves sideways into the still-leaf-strewn zone you've yet to uncover. Then turn the corner, moving back into that now-slightly-more-congested area. Now rake your little ridge of refuse over a few feet more, opening up lawn space. Repeat until the long strip of pushed-over leaves is tough to move, or about 2 feet high. Scoop the big berm into bags and restart your sweep system.

For a three-bag job, this is 1.3 times as fast as making mounds. For a five-bagger, it's 1.6 times as fast. So if the chore once took 45 minutes, it'll be done in less than 30. The hard work is in the bag.



WALK → RAKE ↓ BAG

BY MARK ROBER, A FORMER NASA ENGINEER WHO HOSTS HIS OWN SCIENCE AND CREATIVITY CHANNEL ON YOUTUBE



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YOU HAVE NOT  
YET BECOME.



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Go  
Places**



## QUICK CLICK



"When you're looking a person in the eyes, you want to find common ground, not call them an idiot and block them."

—MH WRITER COREY LEVITAN ON WHAT HAPPENS WHEN YOU INVITE ONLINE-ONLY "FRIENDS" TO DINNER. READ MORE AT MENSHEALTH.COM/FRIENDSLIST.

## MONTHLY METRICS

### Games Grind

**22%** of MLB post-season games went to extra innings last year. Pace-of-play rules won't save you; take a power nap after work if you want to watch the last out.

### Hygiene Heals

**38%** of adults skipped the dentist last year. Fear pain? Try the "single tooth anesthesia" system for pinpoint numbing. Do it for Dental Hygiene Month.

### Buyers Begin

**40%** of people began their holiday shopping this month last year. So spend now or pay more later; early birds end up dropping \$385 less than those who wait.

### Stars Shoot

**48%** of adults think aliens exist. Mull it over as you watch the Orionids meteor shower (10/21–22). Best time: after midnight. Go early to let your eyes adjust.

Sources: CBS Sports, ESPN, CDC, Dentalcare.com, National Retail Federation, American Research Group, HuffPost/YouGov poll, NASA

Turn your pumpkin's guts into snacking glory, says David LaForce, chef at the Mexican eatery El Vez in New York City. In a skillet on medium high, add the seeds, a splash of light olive oil, and a pinch each of sea salt and ancho chile powder. Stir until golden brown, 5 minutes. Then chew and spit like spicy sunflower seeds.



## WEEKEND PROJECT

# Trick Out Your Pumpkin

You don't have to be Dr. Frankenstein to create a monster jack-o'-lantern for your porch. With a sick imagination and some simple knife work, you can transform an ordinary gourd into a crazy cannibal, a scalped squash, a funny mummy, or a puking pumpkin, says master pumpkin carver Tom Nardone, author of the DIY guide *Extreme Pumpkins*. Make your own crazy cuts to crank out a keeper. That way your neighbors' creations won't have jack on yours this year. —L.B.

### Secure Your Gear

Choose a 15- to 20-pound pumpkin, and don't worry if it has dents or bruises. You'll also need newspaper, an ice-cream scoop, a drywall saw, a dry-erase marker, and a few battery-powered tea lights. For the mummy, pick up white hockey-stick tape. For the scalped pumpkin, buy a can of foam insulation spray, a disposable aluminum pie plate, and fake blood. For the cannibal, you'll need a second, smaller pumpkin about a quarter of the original's size.

### Scoop Your Goop

Find a table that's at least hip-high so you can carve standing up. Lay out newspaper and plop down your pumpkin. Holding the point of the drywall saw at a slight angle, carve out a circular lid that's at least 5 or 6 inches in diameter. (For the scalped squash, the diameter should be roughly the same as your pie tin's.) Note: You don't want a perfect circle—a notch or two will make the lid easier to put on and keep it from falling through. Now use the scoop to remove the seeds and membrane from the lid, and then scrape out the interior guts, using a circular motion around the walls. (If you're doing the puking pumpkin, leave the entrails inside.)



### CRAZY CANNIBAL

To make sure you end up with an appropriately gaping maw, use the dry-erase marker to trace an outline of the little pumpkin against the mouth area of the bigger one.



### SCALPED SQUASH

Put pumpkin brain on display by setting the lid aside and inserting the pie plate instead. Fill the plate with overlapping loops of foam spray coated in fake blood.



### FUNNY MUMMY

For the friendly fiend, carve round eyes and an upturned mouth. Leave the lid on when you wrap it in hockey tape so the bandages match up. Then retrace the lid cuts.

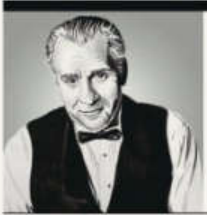


### PUKING PUMPKIN

The secret to a gagging gourd? Squinty eyes and an open mouth that droops at each end. Then pull the guts through to finish the truly wretched (and retching) look.



Number one rule:  
Don't miss. (The  
action, we mean.)



#### GUY WISDOM

## Jimmy the Bartender

Straight-up advice on women, work, and other stuff that screws up men's lives.

**My pal's new girlfriend is a downer. He wants to double-date. Should I tell the truth about why I don't want to go?**

ELIOT, INDIANAPOLIS, IN

Can't you put on your game face just this one time? If she's really that much of a killjoy, your buddy will figure it out for himself sooner or later. Maybe he just wants to see how well she'd fit in with the folks in his life. But okay, let's assume your tolerance level for this woman is zero. Then yes, you must come up with a plausible excuse. Telling your bud that his girl's a dud won't do any good, and it'll probably make him think you're a jerk. And you're not a jerk—are you, Eliot?

**My fiancée wants us to do his-and-hers Halloween costumes this year. Lame, right?**

KENDRICK, LOS ANGELES, CA

What we have here is a sly test, my friend. She knows damned well that if your pals see you playing Kermit to her Miss Piggy, you'll never hear the end of it. She wants to see if you'll go along. You could probably wriggle

out of it—but if you don't, you'll have a bargaining chip. And if you wanted to use it to, say, get her into some new lingerie, that'd be your business. Or you can press for costumes that will embarrass her more than you—like a whole *Mad Max* thing. Sure, it's hokey. But isn't that kinda the point?

**My folks like to drop by at random to visit our new baby. How do we set boundaries?**

PHIL, ST. PAUL, MN

You don't know what you've got, Phil. Trust me, it's only a matter of time until you and the wife start whining about needing your kid-free space. And the more Phil Junior likes your folks, the easier that'll be to pull off. Just work on pinning down the specifics. Next time, as your parents are leaving, say "Thanks, guys. When will you be back?" Make sure there's always some bambino time on their calendar, and they won't need to pop in unannounced. And when you do decide to get the hell out of Babytown for a weekend, the kid will love crashing with Pop-Pop and Grandma.

**When I asked my wife-to-be to pick out her engagement ring, she went way over budget. Well, now what?**

DANIEL, BALTIMORE, MD

Cripes! Let me give you some pre-marital advice: Talk about money early and often. Once the wedlock is legal, your dough is her dough and vice versa. So before you go breaking the bank on that rock, you two gotta have a heart-to-heart. Talk about how much you both earn, what's in savings, and what kind of dreams you have for the future. Numbers don't lie, so she should understand and want to downsize. If she doesn't, then you might want to have another heart-to-heart, Dan—with yourself, about her.

**My best work friend cuts out early. Then he makes me feel like a chump for not doing the same. Is it wrong to bust him?**

DAVE, ST. LOUIS, MO

One of my guys always tells when the other bartenders screw up. I nod along politely, but I want to shout, "You think I don't notice when Steve takes a 45-minute smoke break?" Hey, sometimes I have to settle for the help I can get. Look, Dave, no good comes to guys who whine about their lazy colleagues. Just keep your head down and nose clean—and butt out. Maybe your pal has managed to do his job without staying as late as you do. If that's the case, good for him. But odds are he's underperforming, and the chiefs already know it.

**My son's pee wee coach yells at the kids on the field. It's ugly. How do I get him to stop?**

MIKE, BOSTON, MA

Well, you could grab him by the collar and scare the crap out of him. But hold on a sec, Pop. Your son's going to run into a lot more hotheads in his lifetime, and you won't be there to protect him. So instead of starting a war with the coach, talk to your kid after the games. Make sure he's focusing on what he has to do on the field and not the ranting idiot on the sidelines. And one day, when the tyke is all grown up and has a jerk for a boss, he'll know exactly what to do.



#### WHAT'S YOUR PLAY?

## GAME'S ON, AND YOU GOTTA GO

You're at the stadium during an NFL nail-biter when your bladder calls an audible. Do you try a sneak when your team has horrible field position? Or just go balls out and randomly rush the restroom?

"It's safest to go once a team scores," says Michael Lopez, Ph.D., a statistician at Skidmore College who studies NFL data. Based on his analysis of 15-plus seasons, teams average 34 offensive plays per touchdown. That works out to one TD for each 10 minutes of game time—which, as you know, moves way slower than real time. A minute on the scoreboard equals three minutes on your watch, once you account for all the between-down action and inevitable penalties.

So even if you wait to whiz until after a drive has used up five minutes on the game clock, you still have about 15 minutes of real time to finish up, wash your hands, and maybe grab some nachos—in that order, of course. (Otherwise it's a hygiene fumble.)

Not a clock watcher? Then opt for Pee Plan B: Go near the start of any quarter. Teams generally score fewer points near the beginning of these play periods than toward the end, Lopez says. Worst case, maybe you miss seeing a field goal. Right. You'll have time to buy those nachos too. —SHARA TONN



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You may not want to put out the welcome mat for new milks, men.

## Do the New Milks Deliver?

Nuts, soy, rice, and hemp are now available in beverage form. But just how nutritious are these moo juice alternatives? BY JULIE STEWART



WHEN YOU WERE A KID, MILK WAS THE SACRED COW OF THE dairy market, but now there's trouble in the pasture. Sales of nondairy milks have spiked 94 percent since 2009; in 2014 alone they increased an estimated 16 percent, according to the soybean counters at the market research firm Mintel. Why's that? Well, alterna-milk output has boomed in recent years, partly because the ingredients are less expensive to produce than real milk, which involves raising dairy cows. People are switching because they believe these alternatives are more nutritious, Mintel notes. We call that udder b.s.





If you swap in  
nondairy milks for  
the real deal, you  
miss key nutrients.

**B**UT BEFORE WE SLOSH INTO the science of these newly popular milk alternatives, let's look at good old-fashioned cow's milk. Here are the positives: An 8-ounce glass of whole milk has nearly 8 grams of protein and 149 calories. For comparison, a 4-ounce skinless roasted chicken breast has 35 grams of protein and 186 calories. Beyond being easier to chug than chicken, that glass of milk also provides 28 percent of your daily value of calcium and 31 percent of your immunity-boosting, inflammation-reducing vitamin D. And the saturated fat in milk—even in full-fat form—won't necessarily hurt your heart. A *European Journal of Nutrition* study found that people 55 and older who consumed 4 ounces of full-fat

dairy a day were 12 percent less likely to suffer fatal strokes than those who consumed low-fat dairy.

Even chocolate milk has benefits. In a recent U.K. study, men who drank it 20 minutes after a climbing session and again at dinner had less muscle soreness three days later than they did when they drank water. The combination of sugar and protein provides your cells with the energy they need to adequately repair muscle tissue, the researchers say.

But some scientists question other supposed benefits of milk. Take, for example, its bone-building reputation. "Countries with the lowest rates of dairy and calcium consumption also have the lowest rates of osteoporosis," says Mark Hyman, M.D., director of the Cleveland Clinic Center for Functional Medicine. Still, the USDA recommends that a man take in 1,000 milligrams of calcium a day



## DROP 5 POUNDS!

WHEN ONE *MH* EDITOR DECIDED TO EAT CLEAN, HE SHRANK!

I was lugging around an extra 20 pounds. Then *MH*'s sibling publication *Prevention* challenged me to join its Get Someone to Eat Clean initiative at [eatcleanecourse.com/mh](http://eatcleanecourse.com/mh). That meant I had to avoid foods produced with pesticides, antibiotics, preservatives, added sugars, and fake fats. It only sounds tough. Here's what stuck with me.

## UNPROCESS THINGS

Eat Clean to Get Lean is a free, organic-based, additive-averse 1,800-calorie-a-day plan. That meant I had to buy gut-filling organic produce (spinach, kale), organic grains, and lean proteins like salmon, turkey, and chicken. The junk food, naturally, disappeared.

## FIND YOUR PULSE

Before all this, I'd often stress-eat. But on the Eat Clean plan, I soon fell into a rhythm of consuming three 500-calorie meals with two 150-calorie snacks in between. After a few days, my stomach learned to expect food based on the time of day, not my emotions.

## SAVOR THE RESULTS

I dropped 5 pounds in a week. And I craved the meals—stuff like Organic Grilled Chicken Breast with Plum and Walnut Relish. I felt more satisfied eating these dishes than I ever did polishing off greasy Chinese takeout. Verdict: It worked—and fast! —DAN MICHEL



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## “THE IRRATIONAL FEAR OF MILK IS CRAZY, BUT EQUALLY CRAZY IS THIS NOTION THAT IT’S A MAGIC ELIXIR.”

to keep his heart, brain, and muscles working well. But milk’s calcium level is nothing special, Dr. Hyman says. Eight ounces of milk has 276 milligrams of calcium. Three ounces of sardines has 325 mg. A cup of cooked broccoli rabe has 201 mg. Three cups of cooked kale delivers about the same amount of the mineral as a glass of milk. And for bone health? Go fish: Three or more servings of fatty fish a week helped study participants protect their bone density as they aged, the *American Journal of Clinical Nutrition* reports.

Another persistent myth: that milk is a weight-loss tonic. Yes, milk

has fat and protein, which can help you feel full, says Alissa Rumsey, R.D., C.D.N., of the Academy of Nutrition and Dietetics. But how are you drinking it? A study in the *International Journal of Obesity* found that simply drinking more milk didn’t prevent weight gain. People stayed leaner only when they swapped in milk for soda or fruit juice.

Fearmongers argue that drinking another animal’s milk is unnatural and may lead to health problems as you age. But the bottom line is this: “The irrational fear of milk is crazy, but equally crazy is this notion that it’s a magic elixir,” says J. Bruce German, Ph.D., a professor of food science and technology at UC Davis. Drinking a glass or two of milk a day is an easy way to swallow key nutrients, such as vitamin D, but other foods—like fish and eggs—also offer vitamin D. In fact, a cooked tilapia or flounder fillet has about as much vitamin D as a cup of whole milk




does—and three eggs provide about that amount as well. (Plus, those foods go better with hot sauce.)

Now, your first question about nondairy milks might be “How do they milk an almond?” Well, because almonds—like soybeans, rice, and hemp—are teatless, manufacturers grind the plant product and mix it with water and vitamins. The result can taste chalky or flat, so processors may add flavors and sweeteners.

And sure, cow’s milk also contains sugar, but it’s in the form of lactose, which may not drive up your blood sugar as quickly as sucrose—the kind you’re likely to ingest in processed goods like nut milks. Read the nutrition facts and ingredients list, advises Christopher Gardner, Ph.D., a nutrition researcher at Stanford. Nondairy milks can differ substantially from dairy milk—and from one another. So check out the table below before you hit the grocery store. In short: Think before you drink. ■

## SHOULD YOU CHANGE WHAT YOU CHUG?

THERE’S MILK, AND THEN THERE’S “MILK.” DECODE THE CARTONS WITH THIS GUIDE.

	THE UPSIDE	THE DOWNSIDE
 <b>ALMOND MILK</b>	Unsweetened almond milk has just 30 calories per cup, which is less than half the calorie load of even skim milk. The stuff tastes pretty good too, especially when you use it to thin out your homemade smoothies.	► If you think this drink is a good protein source, you’re nuts: It has 1 gram of protein per cup. And while almonds have research-backed heart benefits, it’s less clear if their milk is as good, says nutritionist Alissa Rumsey, R.D. Those perks come from the healthy fats and fiber of unprocessed almonds.
 <b>SOY MILK</b>	Soy milk has the most protein of all the non-dairy options—about 7 grams per 80-calorie cup. Mississippi State University research suggests it also has cancer-fighting properties; its isoflavones may lower cancer cell growth.	► Soy contains phytoestrogens, plant-based hormones that may, in excess, lead to dips in testosterone. Up to four servings a day, however, shouldn’t hurt, says <i>MH</i> nutrition advisor Alan Aragon, M.S. Oh, and watch out for sugar: One cup of Silk Very Vanilla has 15 grams of sugar.
 <b>RICE MILK</b>	If you have dairy, nut, or soy allergies, rice milk is a good option. Most brands are enriched with vitamin D, calcium, and B <sub>12</sub> . And if gluten is something you’re concerned about, don’t worry—rice milk is naturally gluten-free.	► Rice milk contains virtually no protein. Plus, like most rice-based foods, rice milk might harbor small amounts of toxins. In a study from Mississippi State University, samples of rice milk contained traces of arsenic, in some cases exceeding the levels the EPA allows in drinking water. Scary stuff.
 <b>HEMP MILK</b>	Each serving of this milk contains about 4 grams of heart-healthy polyunsaturated fats, including some anti-inflammatory alpha-linolenic omega-3 fatty acids, says Rumsey. It’s also allergy-friendly.	► Nope, it won’t get you blazed. And 1 cup contains just 2 grams of protein and no fiber. You’re better off buying the seeds and shaking them over salads, yogurt, or oatmeal. Thirty grams (3 tablespoons) provides as much as 10 grams of protein and up to 3 grams of fiber.
 <b>FAIRLIFE</b>	The Coca-Cola product, branded as “ultra-filtered” cow’s milk, provides 5 more grams of protein and 6 fewer grams of sugar per serving than traditional milk. And it’s lactose-free, a plus if lactose doesn’t agree with you.	► “What they did was reduce naturally occurring lactose,” says Rumsey. Yes, there’s less sugar, but the calorie count is the same. “For the extra price, you aren’t getting anything much different from regular milk.” You can score that 5 grams of protein in just one small egg anyway.



## NUTRITION KNOW-IT-ALL

By Mike Roussell

### If I microwave fruits and vegetables, will it degrade them nutritionally?

JIM, CLEARWATER, FL  
Yes, cooking vegetables like spinach reduces B vitamins. But with tomatoes, on the other hand, cooking *helps* your body absorb the beta-carotene. But we’re talking minuscule amounts. Eat a variety of produce—raw, microwaved, roasted, sautéed, or steamed. As long as you don’t cook the stuff till it’s gray, you’ll reap the benefits.

### Is agave syrup really healthier than sugar?

WILL, SPOKANE, WA  
Definitely not. Table sugar is 50 percent fructose, while agave syrup is about 85. Moderate amounts of fructose are fine, but a lot, especially if you have diabetes or poorly controlled blood sugar, may lead to elevated triglycerides, gout, and high blood pressure. When it comes to agave, stick to the way it’s enjoyed best: in tequila form.



Mike Roussell, Ph.D., is a nutrition consultant based in Rochester, New York. Tweet him: @mikeroussell





# paco rabanne

## INVICTUS



Salt-and-  
PepperedSugar-and-  
SpicedTurkey-  
fried!Soy  
MarinatedEspresso  
Charged

## DIY Jerky: It's Dried and True

Slow-cook the ultimate snack in your kitchen. Devour at will.

BY MATTHEW KADEY, M.S., R.D.

**MEATY, LEAN, AND EVERLASTING**, jerky might be the world's greatest portable protein. (Just try hauling a bag of hard-boiled eggs on a road trip.) But you don't have to swerve into a convenience store every time you need a fix. "If you make your own jerky, you have ultimate control over the flavor," says Benkei O'Sullivan, executive chef of New York City's Hunt & Fish Club. "Plus, homemade jerky is about half the price of a bag of the store-bought stuff." All you need is an oven, a hunk of fresh animal flesh, and a few secret seasoning blends. From there, it's easy if you follow O'Sullivan's five steps.



# 1

### Go Shopping

Buy a 2-pound piece of top round steak, and ask the person behind the counter to trim off any visible fat and silver skin. The leaner the beef, the longer your jerky will keep. This amount of meat will yield about  $\frac{3}{4}$  pound of jerky. Oh, and if you're dealing with a friendly butcher, ask to have the beef sliced into  $\frac{1}{4}$ "-thick strips roughly 4" long. If you can make that happen, skip Step 2.

NUTRITION (PER 1 OZ SERVING BEEF): **CRACKED BLACK PEPPER RUB** 63 CALORIES, 9g PROTEIN, 1g CARBS (0g FIBER), 2g FAT **SWEET HEAT RUB** 67 CALORIES, 10g PROTEIN, 2g CARBS (0g FIBER), 2g FAT **TERIYAKI GINGER MARINADE** 63 CALORIES, 10g PROTEIN, 1g CARBS (0g FIBER), 2g FAT **SMOKY ESPRESSO BROWN SUGAR MARINADE** 62 CALORIES, 9g PROTEIN, 1g CARBS (0g FIBER), 2g FAT

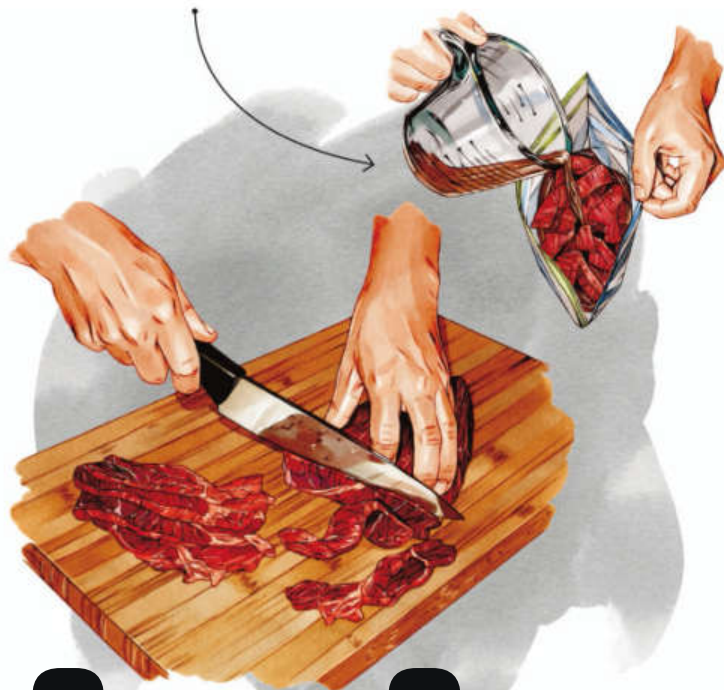


MAKE ME HOT  
AND I'LL MAKE  
YOU HAPPY.



**#GetFresh in the freezer aisle.**  
Nutritious and delicious has never been so easy. [luvoinc.com/wheretobuy](http://luvoinc.com/wheretobuy)

Hey, hungry hunters! This process also works well with turkey, elk, venison, or even wild boar.



2

### Prep the Protein

Seal the steak in plastic wrap and stick it in the freezer until it stiffens slightly, about an hour. This will make the slicing easier. Remove the beef, unwrap it, and use a sharpened chef's knife to cut it into ¼"-thick, 4"-long strips.

3

### Treat Your Meat

Marinating the meat gives jerky the most flavor; let it sit in the sauce overnight in the fridge. Dry rubs require two hours of refrigeration. For either route, combine the sliced meat with the ingredients (at right) in a large zip-top bag.

#### PICK ONE...

##### CRACKED BLACK PEPPER RUB

- 2 TBSP KOSHER SALT
- 2 TSP FRESHLY GROUND PEPPER
- 2 TBSP BROWN SUGAR

##### SWEET HEAT RUB

- 3 TBSP BROWN SUGAR
- 1 TBSP KOSHER SALT
- 2 TSP GARLIC POWDER
- 2 TSP DRIED THYME
- 1½ TSP GROUND CHIPOTLE CHILE
- 1 TSP FRESHLY GROUND PEPPER
- ½ TSP GROUND CUMIN
- ZEST OF 1 ORANGE

##### TERIYAKI GINGER MARINADE

- 1 CUP PINEAPPLE JUICE
- ¾ CUP SOY SAUCE
- ¼ CUP RICE VINEGAR
- 2 MINCED GARLIC CLOVES
- 2 TBSP BROWN SUGAR
- 1 TBSP CHINESE FIVE-SPICE POWDER
- 1 TBSP SRIRACHA
- 1 TBSP MINCED FRESH GINGER
- ZEST OF 2 LIMES

##### SMOKY ESPRESSO BROWN SUGAR MARINADE

- 1½ CUPS STRONGLY BREWED COFFEE (COOLED)
- ½ CUP FRESH LEMON JUICE
- ¼ CUP BROWN SUGAR
- ¼ CUP WORCESTERSHIRE SAUCE
- 1 TBSP KOSHER SALT
- 2 TSP GROUND ALLSPICE
- 2 TSP RED-PEPPER FLAKES
- 2 MINCED GARLIC CLOVES
- 2 TSP LIQUID SMOKE (OPTIONAL)



4

### Rig Your Hot Box

Preheat the oven to 200°F. Place metal cooling racks on two baking sheets. Shake off excess marinade or spices and place the strips on the racks with space between each piece. Put it all in the oven. To aid dehydration, use a wooden spoon to prop the oven door open ½".

5

### Dehydrate

The jerky is done when you can tear a strip easily and it springs back when folded, 3 to 5 hours. Use a paper towel to blot moisture, and cool completely before storing in an airtight container. It'll keep in the fridge up to three months.

Page to plate  
in 8 minutes!



**THE MH  
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PICK UP A  
ROTISSERIE  
BIRD, AND  
FEAST WELL  
ALL WEEK!

#### Chop-Chop Salad

Toss a few handfuls of chopped romaine with these add-ins (all chopped): some rotisserie chicken, tomato, avocado, roasted red pepper, and scallions. Add a spoonful or two of black beans and/or corn. Dress with olive oil, lime juice, salt, and pepper. Not your bag? Check out these three recipe remixes.

**REMIX 1** If you like Asian flavors, swap out the tomato, pepper, beans, and corn and add the following: shredded carrot, shelled edamame, sliced snap peas, diced cucumber, and crushed cashews. Add a little sesame oil to the dressing too.  
**REMIX 2** Go Greek! Keep the chicken, tomato, and red pepper, but add feta, kala-

mata olives, and thinly sliced red onion.  
**REMIX 3** Or just pump up the protein. Leave the original alone, except throw in a few grilled shrimp, a fistful of leftover cooked quinoa, and a scattering of thawed peas. Then mix a spoonful of Greek yogurt into the dressing. These adds tack on an extra 15 grams of protein to the original salad.

**NUTRITION** (FOR ORIGINAL SALAD): 408 CALORIES, 31g PROTEIN, 23g CARBS (9g FIBER), 23g FAT



---

# Real turkey. Nothing artificial. Carved thick. Eaten well.

There's only one way to  
make a good turkey sandwich.  
The right way to eat it,  
is however you eat it.

---

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CRANBERRY FLATBREAD



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## Food as it should be.



Don't get burned by energy drinks: Their boost doesn't come from B.

## Digest This

# B Vitamin Breakdown

These key nutrients fuel a healthy body. But watch how you take them.

BY K. ALEISHA FETTERS

### 1/ What They Are

B vitamins are a group of eight distinct nutrients that you need to ingest from food or supplements—your body can't produce them on its own. Among their many functions, the most critical is to help your body's cells operate at their best.

### 2/ Why You Need Them









Without enough B vitamins, your metabolism slows, making it harder for your body to convert food into energy, says Andreas Mykoniatis, M.D., a clinical associate of medicine at the University of Chicago. If your B shortages are severe enough, the symptoms can include poor immune function, anemia, itchy rashes, and even depression.

### 3/ How to Consume More

"Eat a diet that's rich in lean meats, eggs, dairy, leafy green vegetables, and whole grains, and you'll be good to go," says Catherine Champagne, Ph.D., R.D.N., director of dietary assessment and nutrition counseling at Louisiana State University's Pennington Biomedical Research Center. Fortified energy drinks and cereals may provide B vitamins, but beware the caffeine or sugar overload. Oh, and if you're vegan, think about taking a B<sub>12</sub> supplement, says Nirav Vakharia, M.D., an internal medicine physician with Cleveland Clinic. Getting enough without meat and dairy is tough.



## INSIDE A SWARM OF B'S

	THE FUNCTION	THE SOURCE
THIAMINE	Assists with DNA and RNA production, nerve function, and carb metabolism.	 Peas, legumes, nuts, seeds, whole grains, dairy, eggs
RIBOFLAVIN	Keeps your immune system performing optimally.	 Eggs, dairy, lean meats, leafy greens, legumes, nuts
NIACIN	Turns food into available energy through metabolism.	 Fish, eggs, dairy, meat, whole grains, starchy vegetables
PANTOTHENIC ACID	Stokes your metabolism to burn off fats and carbohydrates.	 Avocados, leafy greens, eggs, dairy, mushrooms, chicken
B <sub>6</sub>	Helps facilitate muscle growth and the production of red blood cells.	 Chicken, fish, leafy greens, whole grains, beans, oranges
BIOTIN	Converts carbohydrates, protein, and fat into energy stores.	 Baking chocolate, eggs, dairy, pork, whole grains, legumes
FOLIC ACID	Aids in new cell production and prevents disease-causing DNA mutations.	 Leafy greens, lentils, beans, citrus
B <sub>12</sub>	Helps your brain and circulatory system function properly.	 Shellfish, meat, chicken, eggs, dairy, whole grains





**DADS DON'T TAKE SICK DAYS.**



**DADS TAKE**



THE THE  
NON-DROWSY NIGHTTIME,  
COUGHING, SNIFFLING,  
ACHING, SNEEZING,  
FEVER, COUGHING,  
SORE THROAT, ACHING,  
STUFFY HEAD, FEVER,  
CHEST CONGESTION, STUFFY HEAD,  
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MEDICINE. MEDICINE.**



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to your look.

Bold colors  
make you more  
memorable.

Distressed  
denim conveys  
personality.

2015 Denim Guide

# The Best Jeans for Any Scene

Every dude owns denim. So how do you stand out from the crowd? Join us for a tour of the wild blue yonder. BY DAN MICHEL



THINGS WERE SIMPLER WHEN ALL JEANS LOOKED ALIKE.

But since denim's debut roughly 140 years ago, jeans have made the leap from working-class staple to centerpiece of many luxury fashion brands, with dozens of options for size, fit, weight, and color. And for good reason: "Men love jeans because they conform to your body over the years, which is why they're so comfortable," says Eric Goldstein, owner of Jean Shop in New York City. But just because your pair sags with your ass doesn't mean they fit. Follow our advice and you'll be singin' the blues (and other hues) in no time.

Need more reason  
to drop 10? Lean  
is always stylish.

# 1

## Bring Out Your Dark Side

Sam Claflin prefers to wear simple jeans in a slim fit, especially if he's headed out for the night. "Dark denim is my favorite, especially if the leg is tapered and there's not too much slack at the bottom," he says. Add a simple, lightweight black leather jacket (skip all the superfluous clasps and zippers) with a white textured T-shirt underneath it. "It's the casual version of the tuxedo," says Marcy Carmack, a stylist based in Chicago. "That look will never go out of style." And—ahem—it is the fastest way to look like you've lost 10 pounds, even if you're still working on that. Finish it off with a personalized necklace or bracelet.

**JOHN VARVATOS** JACKET, \$1,698; SHIRT, \$128;  
AND BOOTS, \$998

**JEAN SHOP** SLIM-FIT SELVEDGE TWILL JEANS, \$180

### OPENING PAGE (FROM TOP)

**GUSTIN**, \$187  
**CULT OF INDIVIDUALITY**, \$180  
**PLAC**, \$240  
**LEE JEANS**, \$53  
**LEVI'S**, \$88  
**LEVI'S VINTAGE CLOTHING**, \$198  
**NUDIE JEANS**, \$199  
**NAKED & FAMOUS DENIM**, \$150  
**GAP**, \$70  
**DENIM & SUPPLY RALPH  
LAUREN**, \$198  
**TIMBERLAND**, \$148  
**HUDSON JEANS**, \$295  
**LANDS' END**, \$59

Elongate your  
frame by matching  
the color of your  
shoes and pants.



## TRANSFORM YOUR BODY— AND YOUR STYLE

When Sam Claflin packed on 25 pounds of muscle for his role as the rebellious Finnick Odair in the *Hunger Games* franchise (the finale is due out in November), he was faced with a problem most guys would love to have: His newly powerful frame made his old jeans obsolete. Sure, he could have simply sized up and called it a day. Instead, the actor saw an opportunity to push his wardrobe in a new direction. "I went out and bought new jeans in every wash," he says. Maybe you (and your wallet) prefer a more targeted approach?

This guide will help your trusty blues look perfect no matter where you're headed.

# 2

## Conquer Casual Friday

What should you wear when you need to look put-together but a suit would be overkill? Go with what Claflin and other actors choose for their press junkets. Start by pairing dark blue jeans—without any fading or distressing—with something more tailored, says Carmack. "Wearing dark jeans in formal situations shows that you're savvy and creative, but it also sends the message that you don't take yourself too seriously," she says. Add a sport coat with a patterned shirt and tie, and make sure the patterns are different sizes so they don't clash. Choose dress shirts with modified-spread or button-down collars, but skip full-spread collars, which always look too formal with jeans.

LUIGI BIANCHI MANTOVA JACKET, \$1,195

ETON SHIRT, \$275

7 FOR ALL MANKIND

LUXE PERFORMANCE PAXTYN JEANS, \$198

DUNE LONDON SHOES, \$145

THE TIE BAR TIE, \$25, AND TIE BAR, \$15

DANIEL WELLINGTON WATCH, \$229



### KEEP YOUR BLUES TRUE

When you need to wash your jeans, turn them inside out to preserve the color. Then let them air-dry.

Jeans for the office should be hemmed, not rolled.

Blazer + jeans = boring. Sport coat + jeans = inspired.

## ADVANCE THE JEAN POOL

SELVEDGE DENIM HANGS SMOOTH AND DEFIES FRAYING. TRY THESE ON.



### SPLURGE

#### PAIGE

Its blend of materials gives this selvedge pair a supple texture. No need to spend months breaking in rigid fabric. Federal, \$229, [paige.com](http://paige.com)



### SAVE

#### UNIQLO

These selvedge jeans come in five colors and are 2 percent spandex, which affords a freedom of movement that most raw denim can't offer even when broken in. Stretch slim-fit straight, \$50, [uniqlo.com](http://uniqlo.com)



Swap out a sport coat for a double-breasted cardigan.

Contrast stitching lends some attitude.

No snow outside? Then feel free to flash some ankle.

# 3

## Travel in Comfortable Style

When Claflin makes the trip from London to New York, he needs to wear clothes that are presentable but not constricting. To pull off that trick, start with a pair of light-to medium-wash jeans—they give off a more casual vibe than dark denim. You want them to have natural fading and be woven with at least 2 percent stretch fibers (look for elastane, Lycra, or spandex). That blend allows the jeans to stretch without veering into jeggings territory. “Wear them with a loose-knit sweater made from comfortable, natural fibers; it will accentuate your shoulders and keep you cool on the plane,” says Carmack. Finally, don a pair of leather slip-on shoes.

**MICHAEL KORS** SWEATER, \$295

**CRAFT ATLANTIC** SHIRT, \$215

**NUDIE JEANS** LEAN DEAN JEANS, \$210

**LOUIS LEEMAN** SNEAKERS, \$925

**APPLE** WATCH, \$699

**URI MINKOFF** BAG, \$395



### SOLVE YOUR DENIM BLUES

Blown-out crotch? Don't toss your jeans just yet. Send them out for a quick fix: Go to [denimrepair.com](http://denimrepair.com).

## IT'S OKAY TO GO GRAY

SOFT SHADES ARE FINE FOR ANY OCCASION—including dinner with a creative client or an online dating prospect.



### SPLURGE

#### 7 FOR ALL MANKIND

The inside is brushed, so it feels like cashmere against your skin. Despite the softness and slight stretch, the Italian-milled fabric will retain its shape. *Luxe Performance Paxtyn*, \$208, [7forallmankind.com](http://7forallmankind.com)



### SAVE

#### GAP

The “slubbing” (those tiny white nubs you can see in the yarn) in this thicker pair of jeans yields a rugged texture. The result is a truly authentic, lived-in appearance. *1969 Slim*, \$70, [gap.com](http://gap.com)



# 4 STEPS TO THE PERFECT SHAVE

Now you can avoid #!&@#! with this step-by-step guide to experiencing The Perfect Shave.

**M**ANY MEN rush through the shaving process without a particular technique. Some of the most common mistakes men make while shaving are a lack of preparation, using too much pressure when shaving, using an old blade, using inadequate products, and not using post shave care products. So let The Art of Shaving guide you on the coveted path to The Perfect Shave with these four easy steps. No swearing required here.



**«THE LEXINGTON COLLECTION™ POWER RAZOR** is our most technologically advanced razor. Craftsmanship meets power in an exclusive New York-inspired design featuring bold chrome-plated accents, a black satin aluminum finish, and a sleek cat-eye LED Power Indicator. Experience outstanding closeness and comfort, with Flex-ball™ technology that pivots over the contours of your face and soothing micro-pulsations to improve razor glide.



## #1 PREPARE

Pre-Shave Oil protects your skin and softens your beard before you shave. Always shave after or during a hot shower.



## #2 LATHER UP!

A warm, rich lather softens and lifts your beard from your face. Wet a Shaving Brush with warm water, place a small amount of Shaving Cream on the tip, and lather onto face in a circular motion.



## #3 SHAVE

Choose a razor – like the Lexington Power – with the proper weight and balance for a comfortable shave. A razor should glide across your face without too much pressure. Shave first with, then against, the grain (the direction your hair grows in).



## #4 MOISTURIZE

After shaving, apply a moisturizer to soothe, refresh, and regenerate your skin. Avoid after-shaves with irritating alcohol as they can dry out freshly-shaved skin.

## 4

## Dress Fashionably Down

Jeans may be a given when you're out and about on weekends, but that doesn't mean you should be predictable. Instead of defaulting to your everyday blues, try pulling on a pair of colored denim, says Carmack. Unsure of which shade to pick? Dark olive or burgundy is a safe step beyond blue; most guys tend to feel less self-conscious in these shades. Pair them with items in other rich, solid hues for a bold, cool style that comes off as effortless, Carmack suggests. Instead of your basic, dependable T-shirt, opt for a fine-gauge wool sweater that's breathable. Now add just one more flourish: Lace on a pair of leather high-tops to help your look leap higher.

EDDIE BAUER JACKET, \$220

JOHN VARVATOS SWEATER, \$398

AG THE MATCHBOX JEANS, \$235

LOUIS LEEMAN SNEAKERS, \$840



#### **GUARANTEE A BETTER FIT**

Break in new denim faster by spraying tough, abrasive areas with water to help them stretch out.

Pairing solids can still lead to a bold look.

Straight fits flatter everyone.

A contrast sole will catch eyes.

### **PASS EVERY DISTRESS TEST**

IT WON'T TAKE YEARS OF WEAR AND TEAR TO OWN THESE LIVED-IN LOOKS.



#### **SPLURGE**

##### **NUDIE JEANS**

Each style in the Replica collection is made of 100 percent organic denim. And the hand-finished repairs are unique—no two pairs are exactly alike. *Tight Long* John Jackson, \$275, [nudiejeans.com](http://nudiejeans.com)



#### **SAVE**

##### **DENIM & SUPPLY RALPH LAUREN**

Hand-painted splatter and repaired holes make these cotton jeans look like they have a history—even if your paintbrush does not. *Yuma Straight Fit*, \$165, [ralphlauren.com](http://ralphlauren.com)



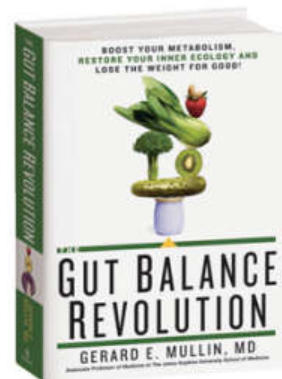


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17th Surgeon General of the United States



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## 2015 Denim Guide

# A Big Blue Power Play

These jeans make it clear you didn't skip leg day.

BY BRIAN BOYÉ

**SKINNY JEANS ARE A JOKE TO** guys who spend hours in front of the squat rack. So when *MH* reader Robert Pendilla, a SoulCycle instructor and Broadway dancer, challenged us to find jeans that fit his compact, athletic frame, we accepted. The result? A few glute-friendly selections that'll put serious muscle behind your style.



## HIGH-END/ Bloomingdale's

Make an appointment, and a personal shopper will pull the best fits for you ahead of time, free of charge, and explain the subtleties of washes, brands, and distressing. (Macy's and Nordstrom offer similar perks.) Emphasize that you're going for a fitted look. Pendilla's shopper was able to find jeans that fit perfectly, but yours may require alterations. Budget about \$25 extra for hemming.

PRICE: \$200



## AFFORDABLE/ Gap

It's common to spend more than \$200 on premium denim, but you can find a well-made Gap pair for half that price. Athletic guys will appreciate the stretch fibers woven into the denim for added comfort and flexibility, says Jean Shop founder Eric Goldstein. Availability can be an issue, however, so you may have to look online, as Pendilla did when Gap was out of his size in the store.

PRICE: \$60



## CUSTOM/ 3x1 (NYC)

Use a custom shop—we chose 3x1—and you can dial in details like the blue-and-orange stitching and copper rivets on Pendilla's pair. Designing the jeans will take an hour, and then you'll wait a few weeks while they're made. A second appointment (if not a second mortgage) may also be needed to guarantee perfect tailoring. "I can't stock my closet with these," Pendilla says. "But the fit made them worth it."

PRICE: \$500



3x1 founder Scott Morrison (left) helped Pendilla add custom flourishes, like Hawaiian-print pocket linings.

**"ATHLETIC GUYS WILL WANT TO LOOK FOR STRETCH FABRIC WOVEN INTO THE DENIM TO GUARANTEE MORE COMFORT AND FLEXIBILITY."**

Styling: Brian Boyé, grooming: Bruce Dean Lindstrom/Average Hair Care/OCC/Wilhelmina



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## Last Man Sanding

Some guys wash up like they're stripping paint. Use a lighter touch, and you'll look smoother in the morning.

BY SANDRA NYGAARD



### WASHING YOUR FACE

Vigorous scrubbing won't give you a deeper clean, says New York City dermatologist Debra Jaliman, M.D. What it might do is make your skin red and dry, causing it to pump out oil. Instead, apply a gentle cleanser using a light circular motion to remove dead skin cells and surface debris. "Pat your skin dry instead of rubbing it with a towel, which can lead to irritation," Dr. Jaliman says. Finish by working a moisturizer into your skin, moving upward. (Pulling down can cause sagging.)



**NIVEA MEN ORIGINAL MOISTURIZING FACE WASH** IT CONTAINS VITAMIN E TO HELP YOUR SKIN STAY SOFT. \$6, NIVEAUSA.COM

### RUBBING YOUR EYES

Whether you're washing your face, applying moisturizer, or just rubbing the sleep away, avoid pressing too hard on the thin, tender area around your eyes—it's delicate and easily irritated. "That can create new creases," says Arielle Kauvar, M.D., founding director of New York Laser & Skin Care. So when you apply wrinkle cream, just put a dab on your finger and gently tap from the inner to the outer corner of your eye without dragging or pulling the skin as you move your finger.



**LAB SERIES SKINCARE FOR MEN AGE RESCUE+ EYE THERAPY** TEN DIFFERENT ANTIOXIDANTS FIGHT SIGNS OF AGING. \$39, LABSERIES.COM

### BRUSHING YOUR TEETH

If you use a manual toothbrush, you're probably brushing for only about 30 seconds and also pressing too hard, says Manhattan dentist Shadi Hosseini, D.D.S. As a result, you risk enamel abrasion and receding gums, both of which can leave roots susceptible to damage. "Where the enamel is thin, cold liquids or air can cause nerve sensitivity," Dr. Hosseini says. Try a Sonicare toothbrush: It delivers up to 31,000 brushstrokes a minute, and its pressure sensor vibrates if you scrub too hard.



**PHILIPS SONICARE FLEXCARE PLATINUM** THREE MODES CLEAN, WHITEN, AND PROMOTE GUM HEALTH. \$180, SONICARE.COM

### TREATING YOUR ACNE

Who hasn't been tempted to detonate a whitehead? But it's wise to keep your fingertips far away from pimples, Dr. Kauvar says. The pinch that provides short-term relief will just make the situation worse. "Popping zits can lead to inflammation and increase the chances of scarring," she says. Practice patience: Use a pea-sized amount of a product containing acne-fighting ingredients, such as benzoyl peroxide or salicylic acid, to help reduce inflammation and soothe the area.



**(MALIN+GOETZ) ACNE TREATMENT DAYTIME** THIS SALICYLIC ACID FORMULA GOES ON CLEAR. \$22, MALINANDGOETZ.COM

### DRYING YOUR HAIR

When you're in a rush, it's tempting to man-handle your mane. But aggressive drying can lead to breakage, says Amy Komorowski, a stylist who's worked with celebs like Ryan Gosling and Justin Timberlake. Instead, pat your hair down with a towel and then remove excess water by running your hands through the strands, says Komorowski. "Guys with some length should also use a wide-toothed comb to detangle their hair gently without pulling it," she adds.



**BUMBLE AND BUMBLE FULL POTENTIAL SHAMPOO AND CONDITIONER** PROMOTES STRENGTH AND ELASTICITY. \$65, BUMBLEANDBUMBLE.COM





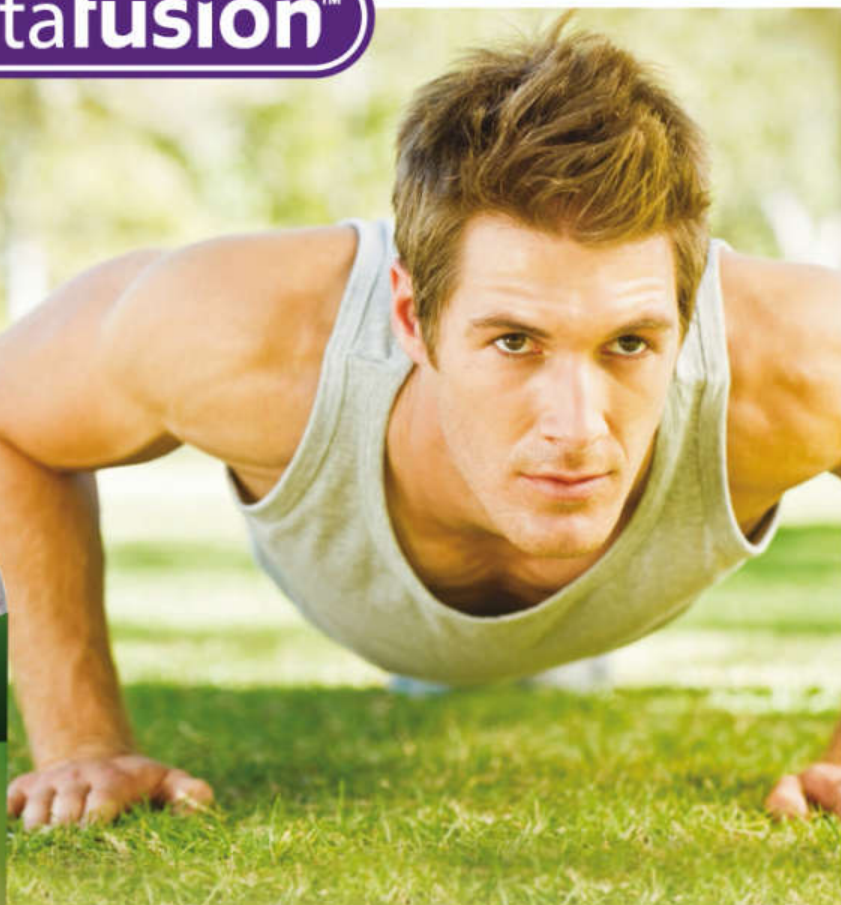
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**GYM JESTER**  
Mark Fisher  
Fitness trainer  
Brian Murphy  
adds levity to  
the lifting.

# Weird Workouts for Mad Muscle

You laugh, but the bodies they build at America's zaniest gym are no joke. Ready to get ridiculously ripped? **BY MICHAEL EASTER**



IF YOU CLOSE YOUR EYES, MARK FISHER FITNESS MIGHT sound like any other gym. Dumbbells clank, cardio machines whir, and trainers offer encouragement—"Looking good!" "Five more reps!" But you don't have to listen long before the normalcy is shattered: "You guys are my fucking ninjas!"

Standing with his arms crossed and dressed in a purple T-shirt, gray bow tie, and tiger spandex, the gym's cofounder nods approvingly at a kettlebell class. "Fucking ninjas!" Mark Fisher repeats, turning to cross a weight room decorated with disco balls, neon paint, and a wall-mounted unicorn head.

In a fitness culture dominated by six-pack selfies, arduous CrossFit WODs, military-style boot camps, and captain-of-the-football-team trainers, Mark Fisher Fitness (or simply MFF) stands out like a pink feather boa in a Brooks Brothers store. And indeed, such a prop would draw about as much attention in this surreal muscle factory as zero-drop training shoes. MFF is fun. It's madcap. It's Broadway and improv comedy meets barbells, kettlebells, and state-of-the-art strength training. And Mark Fisher's facility is quickly becoming one of the most talked-about gyms in the country.

"I was a stage actor who was always a fitness nerd," says Fisher as he stops to check the form of two of his "ninjas": a string bean of a man in his mid-20s firing off pullups like a varsity gymnast, and a curvy 40-something woman in yoga pants and a sports bra banging out hex-bar deadlifts. "I had a lot of success training other performers, especially those who didn't feel comfortable in a conventional gym, so I left the stage to create a place that catered to them."

That was back in 2011. Today, the clientele at Fisher's facility in Manhattan's Hell's Kitchen district is an eclectic combination of New York's theater elite, exercise fanatics, and regular men and women who've had enough of the testosterone-infused fitness chains that seem to dominate the national landscape.

"Mark Fisher understands his niche, and his blend of cutting-edge training and undeniable weirdness might be just what the industry needs," says Dan John, an elite strength coach in Salt Lake City and the author of *Intervention*. "Everyone knows they need to exercise, but traditional gyms aren't always welcoming. Mark is able to make people who wouldn't normally join a gym become passionate about fitness."

At its heart, MFF is an exercise in radical inclusion, a wacky island of glitter bombs and rainbow confetti where "normal" is a fluid



**CAPED CRUSADER**  
Mark Fisher is on a mission to beat the boring out of every workout.

concept. "It's strange, and that strangeness serves a higher purpose," says Harold Gibbons, C.S.C.S., a trainer at MFF. Injecting an element of performance art into the classes and training sessions, he explains, removes much of the inherent self-consciousness from working out.

"You forget to wonder if you look fat or dumb doing an exercise when a trainer dressed in a

superhero cape is telling you to grind out reps," says Fisher. "Plus, if you make the training a fun experience, you'll not only be more likely to stick to your program but also enjoy the process more and get more out of it."

See Fisher's tips on the next page to refresh your workouts, pack on muscle, and always perform at your peak. No feather boa required.

## MOBILITY MAGIC

BOOST YOUR STRENGTH AND POWER BY ACTING LIKE A BABY.

**Problem** Tight chest and rounded shoulders

**Solution** Baby roll

Test your posture: Stand with your heels, butt, and shoulder blades against a wall. Take note of the other points on your body that make contact. Now do the baby roll exercise shown below and retest yourself. Notice a dif-

ference? "Most men find that their head now touches the wall. That's a sign of less tension throughout the chest and upper spine," says strength and conditioning coach Steve Maxwell. "By reestablishing movement patterns lost to decades of sitting, and overemphasizing exercises like the bench press, you

reset your vestibular system, which tells your body where it is in space." The result is greater mobility, which is key to unlocking strength. Do this exercise before every workout.

**Directions** Lie on your stomach with your arms bent and forearms on the floor. Look left while reaching back with your

right arm, and roll onto your back. (Try not to push off with your legs.) Now, still looking left, reach across your body with your left arm and roll onto your stomach. Roll back to where you started. Repeat in the other direction, this time looking right. Keep rolling from side to side for 3 minutes.





# YOUR BEST IS WITHIN REACH

Everyone measures their best differently. What we all have in common is that the right protein can help us get there. So here's the question: Is your normal diet enough? If you've plateaued, you know the answer.

That's why adding EAS protein will help you get stronger and recover faster. Again and again and again.

Your best is within reach. Let's reach it.

**YOUR BEST IS WITHIN REACH**

Ramsey Bergeron  
Triathlete





Don't be fooled by the tutu. The classes at MFF will kick your ass.



## Follow the Law of Opposites

“Charlie Weingroff, former director of physical performance and resiliency for the U.S. Marines, once said, ‘Yogis should do powerlifting, and powerlifters should do yoga,’” says Fisher. “What’s most unlike your current program will help you most.”

► **YOUR MOVE** Think of yourself as a powerlifter. Adding yoga or cardio to your routine will help speed recovery and boost muscle growth, Fisher says.

## Take Five to Thrive

For MFF’s top program, Snatched, you must establish a reason to work out, exercise five days a week, sleep seven to nine hours a night, drink 96 ounces of H<sub>2</sub>O a day, and consume a gram of protein per pound of your body weight every day.

► **YOUR MOVE** Catch the Snatched spirit. “I promise that if you do those five things, you will be snatched [dancer slang for ripped],” says Fisher.

## Find Your Best Fit

Many guys just join whatever gym is closest. “That’s often a mistake,” says Fisher. It doesn’t matter how convenient a gym is—if you don’t feel comfortable, exercising will always be a chore.

► **YOUR MOVE** Find a training ground that inspires you. “You’ll get in better workouts that lead to real progress,” says Fisher. Visit [MensHealth.com/fitness/find-perfect-gym](http://MensHealth.com/fitness/find-perfect-gym).

## Show Yourself a Good Time

Working out by its very nature is tough, says Fisher. Or at least it should be. So while it’s important to focus on improving, you also need to celebrate how far you’ve come.

► **YOUR MOVE** When you nail a goal or set a new PR, reward yourself. “A massive cheat meal, a day off, a big night out—these celebrations are revitalizing and fuel more progress,” says Fisher.



## INSIDER TRAINING

By David Jack

### Where should I look when I squat?

RICHARD, ATLANTA, GA

Your body follows your head, so if you look up, you’ll hyperextend your back. Look down and you’ll round it. Look to the side and you’ll strain your neck. Here’s the key: Keep your head in line with your spine. To

do that, your eyes will likely settle on a point on the floor about 10 feet in front of you. But focus less on where you look and more on keeping your head and torso straight. That way you reduce the load on your back, optimize muscle recruitment, and generate maximum power.

### What’s the secret to big, bold shoulders?

LOUIE, BOSTON, MA

Good genes. But even if you don’t have bodybuilder DNA, you can still reach your potential with these six tips: (1) Do both targeted exercises, like the overhead press, and global movements, like the farmer’s

walk. (2) Use free weights, not machines. (3) Lift with proper form to preserve your joints. (4) Work your entire shoulder girdle, not just your front and middle delts like most guys do. (5) Mix in high-rep sets of isolation moves, like lateral raises and face pulls. (6) Be consistent.



David Jack is the owner of ActivLab in Phoenix. Follow him on Twitter: @davidjack1



# The Belly-Fat Inferno

Tear here  
and get ripped!



**DESIGNED BY**  
Mark Fisher, C.P.T.,  
co-owner of Mark  
Fisher Fitness

**BEST FOR**  
Revvng your metab-  
olism, building lean  
muscle, and boosting  
your total-body power  
and endurance

**EQUIPMENT**  
Two kettlebells  
**CALORIES BURNED**  
331\*

**TIME**  
22 minutes

\*As measured by a fit 6'2", 185 lb man  
using a Polar M400 heart rate monitor

## DIRECTIONS

For the next month, replace one of your weekly workouts with this routine from Mark Fisher's popular Snatched program. Perform the moves as a circuit in the order shown, moving from one immediately to the next and resting for 30 to 60 seconds only after the third and sixth moves (the split jump and the kettlebell row). Once you've completed all 9 exercises, rest for 60 seconds and then begin the circuit again. Do 3 circuits total.

PACKED GYM? NO PROBLEM. ALL YOU NEED IS A PAIR OF KETTLEBELLS FOR THIS 22-MINUTE SWEAT SESSION.

BEST  
NEW  
WORKOUT  
October  
2015

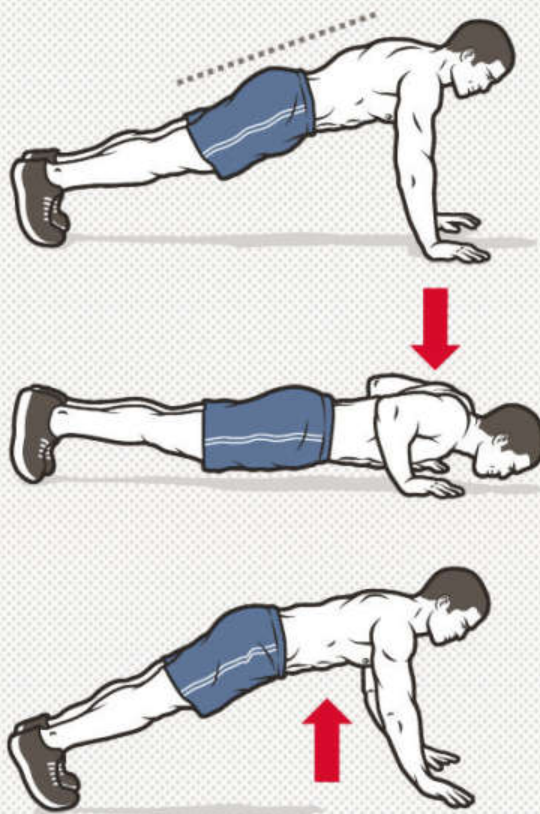
## 1/ Double Kettlebell Swing

Place two kettlebells on the floor in front of you. Stand with your feet slightly beyond shoulder width, push your hips back, and grab the kettlebells' handles. "Hike" the kettlebells between your legs, and then thrust your hips forward as you swing both up to chest level. Swing them back between your legs. That's 1 rep; continue without pausing. **Reps: 20**



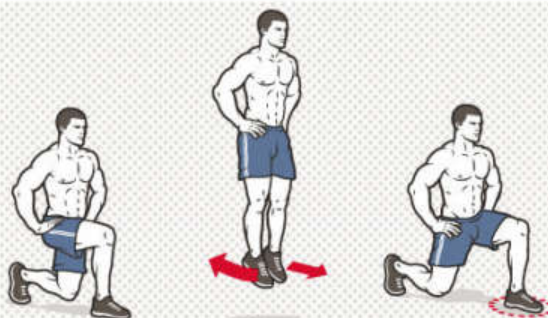
## 2/ Explosive Pushup

Assume a pushup position with your feet together, arms straight, and hands slightly wider than your shoulders. Lower your body and then push up with enough force for your hands to leave the floor. Land and repeat. **Reps: 12**



## 3/ Split Jump

Assume a staggered stance with your right foot forward. Lower your body into a lunge; then jump up, scissor-kicking your legs in the air. Land with your left foot forward and drop back into a lunge. That's 1 rep. Alternate legs each rep. **Reps: 12 per leg**



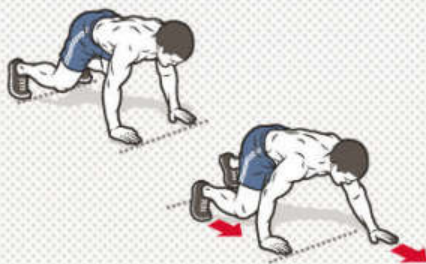


**4/ Goblet Squat**

Stand with your feet slightly beyond shoulder width and hold a kettlebell by the sides of its handle in front of your chest. Push your hips back, bend your knees, and lower your body as far as you can; your elbows should brush the insides of your knees. Pause, and stand back up. **Reps: 10**

**5/ Bear Crawl**

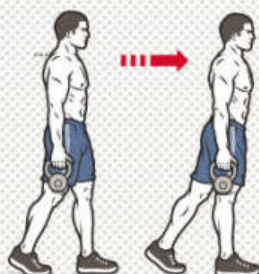
Get down on all fours with your hips up and knees bent approximately 90 degrees. (Only your hands and toes should touch the floor.) Crawl forward, moving your opposite hands and feet in unison (left hand and right foot, right hand and left foot). **Time: 30 seconds**

**6/ Kettlebell Row**

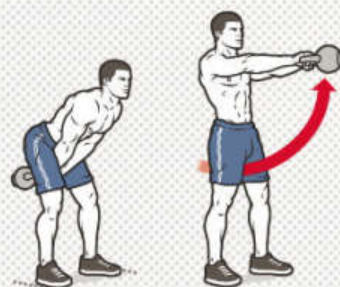
Grab two kettlebells, push your hips back, bend your knees slightly, and lower your torso toward the floor. Let the weights hang at arm's length. Row the weights to the sides of your torso. Pause, and lower them back to the starting position. **Reps: 12**

**7/ Kettlebell Suitcase Carry**

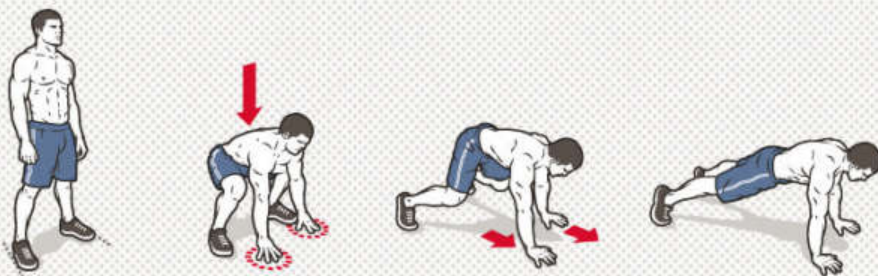
Hold a kettlebell in your right hand by your side like a suitcase, keeping your shoulders square and torso upright. Maintain this posture as you walk forward for the prescribed distance. Switch hands, turn around, and walk back. **Distance: 20 steps (each way)**

**8/ Kettlebell Swing**

Place a kettlebell on the floor in front of you. Push your hips back and grab the handle in both hands. "Hike" the weight between your legs; then thrust your hips forward and swing it up to chest level. Swing it back between your legs. That's 1 rep; continue without pausing. **Reps: 20**

**9/ Reverse Burpee**

Stand with your feet shoulder-width apart. Now squat and place your hands on the floor. Instead of kicking your legs back (as you'd do in a conventional burpee), "walk" your hands forward until you're in a pushup position. (Optional: Do a pushup.) Pause, and reverse the move to return to the starting position. **Reps: 8**



**AMPLIFY  
YOUR GAINS**  
3 FAST WAYS  
TO BUILD  
MORE MUSCLE.



**ADJUST YOUR REST AS YOU GO**  
Tailor it to your fatigue level. "Start with brief rests and make them longer as you go," says trainer Mark Fisher.



**LEARN TO IMPROVISE**  
Kettlebells taken? Grab dumbbells instead. You can use them for all the weighted moves in this workout, Fisher says.



**COOL DOWN THE RIGHT WAY**  
Tough workouts tax your nervous system. "Foam-rolling and meditation can speed recovery," says Fisher.



# *Peanuts.*

PROTEIN FOR YOUR LEFT HOOK.  
AND HEART HEALTH FOR YOUR LEFT VENTRICLE.

*Nothing beats a handful  
a day for heart health*

*Over 30 essential  
vitamins and nutrients*

*7 powerful grams of  
plant-based protein*

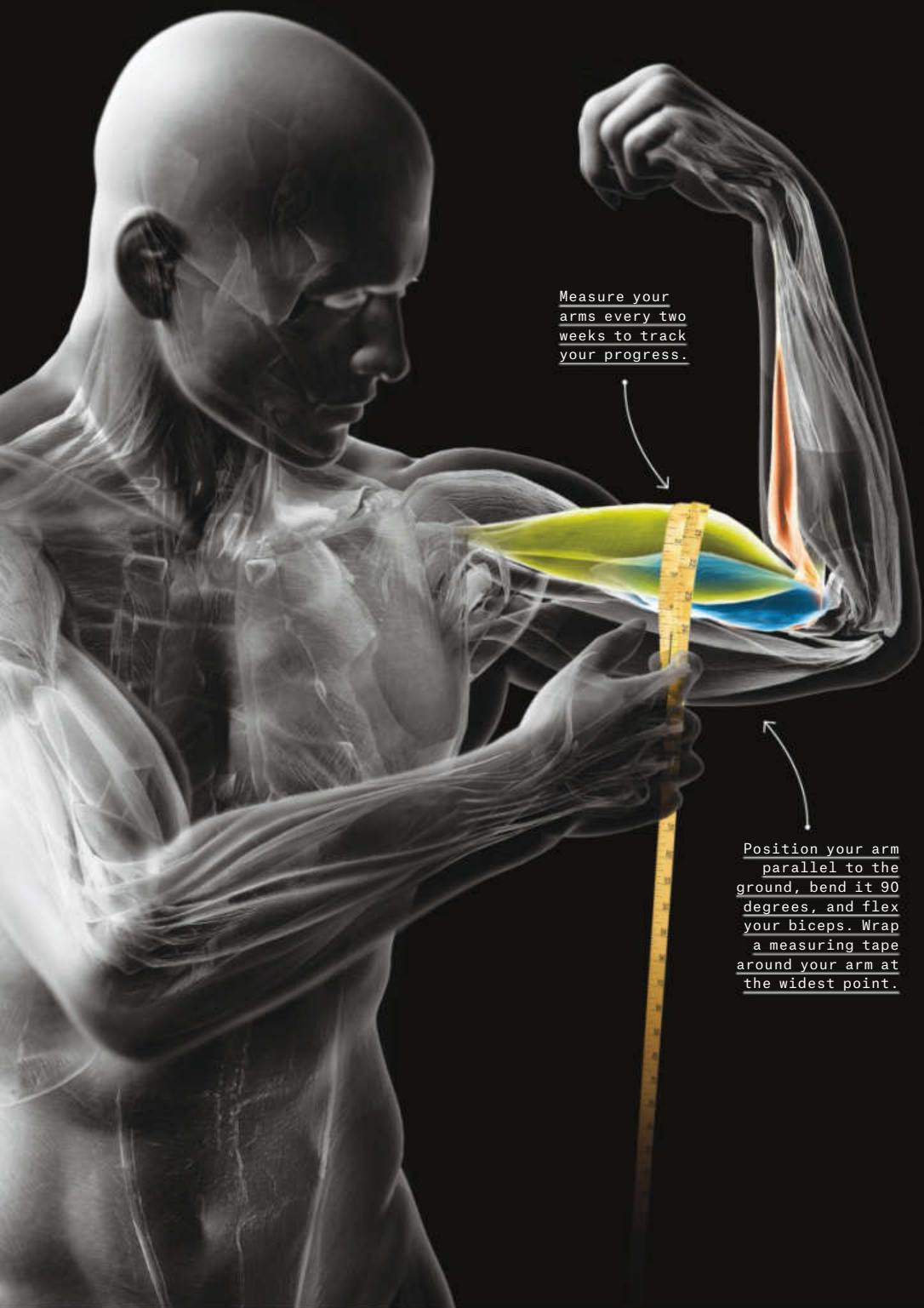
*The most preferred  
nut in America*



*The Perfectly  
**POWERFUL**  
Peanut*

[nationalpeanutboard.org](http://nationalpeanutboard.org)

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat & cholesterol may reduce the risk of heart disease.



# 3 Steps to Bigger Biceps

Stretch the limits of your shirtsleeves by learning a completely new way to sculpt your arms. BY TREVOR THIEME, C.S.C.S.



**WITHOUT EVEN LOOKING AT YOU,** we're fairly certain that your arms aren't as big as they could be. How can we be so sure? Because nearly all men—seasoned lifters included—make one critical error when working their biceps. “Most guys approach their sets backward,” says Chad Waterbury, M.S., a physiologist in Santa Monica, California, and the author of *Huge in a Hurry*. “They lift so that the hardest part comes at the end of the set. But to hit your largest muscle fibers, which have the greatest growth potential, the toughest part needs to come first.”

## The Science of Swole

Whenever you contract your biceps—whether you're lifting groceries or curling iron—your muscle fibers are recruited in an orderly fashion from smallest (type I) to largest (types IIa and IIb). “And those big type II fibers respond only to high levels of force,” says Waterbury. “So if you're lifting slow and steady—as you do when you fatigue at the end of a set—all you do is exhaust your smaller fibers.” Your larger, more powerful ones never come into play.

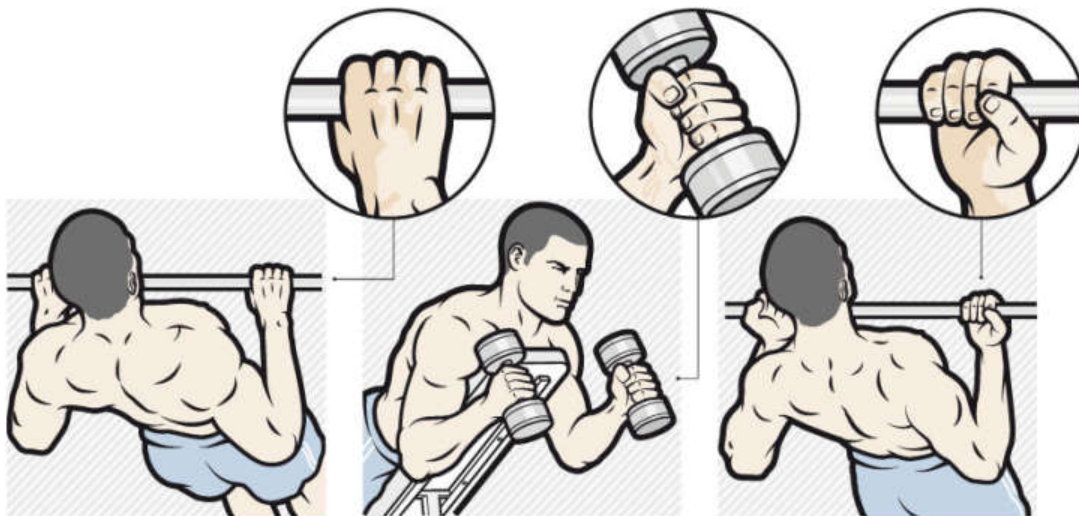
## The Big-Arms Breakthrough

“Front-load your sets, exerting maximal force when your fibers are fresh,” says Waterbury. You can apply this principle to boost growth in any muscle, but you have to tailor it to your target. For biceps, high-tension isometric exercises work best, he says.

In practice, that means starting each set by holding the hardest part of the move—the top of an inverted row, for example—and then banging out a handful of regular reps. Waterbury knows that hitting “pause” bucks conventional wisdom—that to grow big you have to lift big. His reply: “Rings gymnasts have the biggest biceps on the planet, and holds are all they do.”

Try it by adding one of the moves on the next page to each of your weekly workouts for six weeks. “You'll hit your biceps,” he says, “and also your brachialis [beneath your biceps] and your brachioradialis [in your forearms], optimizing your overall growth potential.”





### Monday/ Inverted Row (overhand)

#### ► MUSCLES TARGETED *biceps brachii* and *brachialis*

Secure a bar at waist height and hang below it at arm's length using an overhand, shoulder-width grip. Your body should be straight from head to ankles and your heels on the floor. Pull your shoulder blades back, and then pull with your arms to lift your chest to the bar. Hold this position for 5 seconds, squeezing your biceps as hard as you can. (Imagine you're trying to crush the bar between your hands, but don't actually move your hands.) Now do 5 fast reps. Rest 10 seconds and repeat; this time hold the top position for 4 seconds and then do 4 reps. Rest for 10 seconds again; then hold for 3 seconds and do 3 reps. That's 1 set. Do 3 sets total, resting 3 minutes between them.

### Wednesday/ Decline Hammer Curl

#### ► MUSCLES TARGETED *biceps brachii* and *brachioradialis*

Grab a pair of dumbbells and lie with your chest against a bench that's set to a 70-degree incline. Let the dumbbells hang at arm's length with your palms facing each other. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Hold this position for 5 seconds, squeezing your biceps as hard as possible. Now perform 5 fast reps. Rest 10 seconds and repeat, this time holding the top position for 4 seconds and then doing 4 reps. Rest for 10 seconds again; then hold for 3 seconds and do 3 reps. That's 1 set. Complete a total of 3 sets, resting for 3 minutes between them.

### Friday/ Inverted Row (underhand)

Secure a bar at waist height and hang below it at arm's length using an underhand, shoulder-width grip. Your body should be straight from head to ankles and your heels on the floor. Pull your shoulder blades back, and then pull with your arms to lift your chest to the bar. Hold for 5 seconds, squeezing your biceps as hard as possible. (Again, imagine you're trying to crush the bar between your hands, but don't actually move your hands.) Now do 5 fast reps. Rest 10 seconds and repeat; this time hold the top position for 4 seconds and then perform 4 reps. Rest for 10 seconds again; then hold for 3 seconds and do 3 reps. That's 1 set. Complete a total of 3 sets, resting for 3 minutes between them.

## WORK BOTH SIDES

IF YOU WANT BIG GUNS, YOU CAN'T FORGET YOUR TRICEPS.

They account for more than two-thirds of your upper-arm mass. "Each triceps muscle has three parts, or heads," says Tyler English, author of *The Natural Bodybuilding Bible*. "The close-grip bench press hits them all." Place your hands 8 to 12 inches apart on the bar. Do 3 sets of 8 reps once or twice a week.

**"MOST GUYS TEND TO APPROACH THEIR SETS BACKWARD, WITH THE HARD PART AT THE END. BUT TO HIT YOUR LARGEST MUSCLE FIBERS, IT NEEDS TO COME FIRST."**

### MAXIMIZE YOUR MUSCLE

RECRUIT LARGER FIBERS, AND YOU'LL GROW BIGGER FASTER.

**1/PARTIAL ACTIVATION**  
Most traditional set-and-rep schemes (3 sets of 10 slow reps, say) engage only the smaller, endurance-focused fibers concentrated near the center of the biceps.

**2/FULL ACTIVATION**  
Adding an isometric hold to the start of each set generates enough force to engage your full spectrum of fibers, including the large type II fibers found on the periphery of the biceps.



## Your Magnificent Mile

Want cardio cred? Run a 6-minute mile. Our 4-week plan will get you there fast.

# 1 2 3

**IT DOESN'T MATTER WHETHER YOU'RE A RUNNER** or not, or whether you ever plan to toe the starting line of a marathon or 10K. Every man should aspire to run a six-minute mile, or at least see how fast he can run this classic distance. Running hard for a mile requires speed, stamina, and grit. And then there's muscle: "People often forget that you need strength to run that distance that fast," says Ryan Lamma, cofounder of Running USA and founder of Bring Back the Mile, an advocacy group trying to restore the race to its pre-1980s glory (that is, before track and field's conversion to metric). "Look at milers: Unlike distance runners, they're muscular."

Much of that strength comes from the training required to clock a decent time. "You need to run intervals—repeated bouts of all-out effort and rest—to target both slow- and fast-twitch muscle fibers," says Ben Rosario, head coach of the Northern Arizona Elite running team. That's why a six-minute mile is such an accomplishment. "It shows that you have power and a strong aerobic base, which translate to better performance in any sport," he says. Follow these steps to achieve it in just four weeks. —LISA JHUNG

### SET A STARTING POINT

A week before you begin the program, head to the track at your local high school or college and, after a warmup, run a mile as fast as you can. (A mile on a typical track is four 400-meter laps in the inside lane, plus about 10 yards or meters.) Note your time. This is your baseline for deciding a reasonable goal and for measuring improvement. If you're new to mile-specific training, you can reasonably expect to run the mile 10 to 15 percent faster after this four-week program. So if you run a 7-minute mile, you've got a good shot at hitting that magical 6-minute mark after a month. In this preliminary week, if you do another cardio workout (in addition to your regular workouts), make it an easy distance run.

### ACCELERATE YOUR TRAINING

Once a week for the next four weeks, head back to the track to run intervals. (Use the chart below to guide your sessions.) Warm up with 10 to 15 minutes of light jogging and four to six "strides." To complete one stride, accelerate from a jog to a sprint over 50 meters. Rest briefly and then begin your intervals workout. Two other days a week, jog for 30 minutes. These cardio sessions should be in addition to—not to the exclusion of—your regular gym workouts. Just be sure to perform each workout on a different day.

### TIME YOUR MILE AGAIN

Did you finish in 6 minutes or less? Congratulations! You are faster and fitter than most men on the planet. If you missed your goal, no worries; just repeat the four-week training cycle. "But this time, also run hills once a week to strengthen your quads and boost your explosive power," Rosario suggests. Find a moderate hill—something challenging but not so steep that you need to walk up it. Sprint uphill for 20 to 30 seconds. Walk back down to recover. Repeat 6 times. Then go back to the track and try again!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>RUN EACH INTERVAL AT YOUR GOAL PACE</b>	10×200M	10×400M	2×800M	4×400M*
<b>WALK/JOG BETWEEN EACH INTERVAL</b>	1 MIN	1 MIN	5 MIN	90 SEC

\*Run 5 seconds faster than your 1-mile pace this week.





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THE NON-HABIT FORMING  
SLEEP-AID FROM THE  
MAKERS OF NYQUIL.™  
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SLEEP SOUNDLY.  
AND WAKE REFRESHED.

Use as directed for occasional sleeplessness. Read each label.  
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# ALL OF THIS. IN THIS.

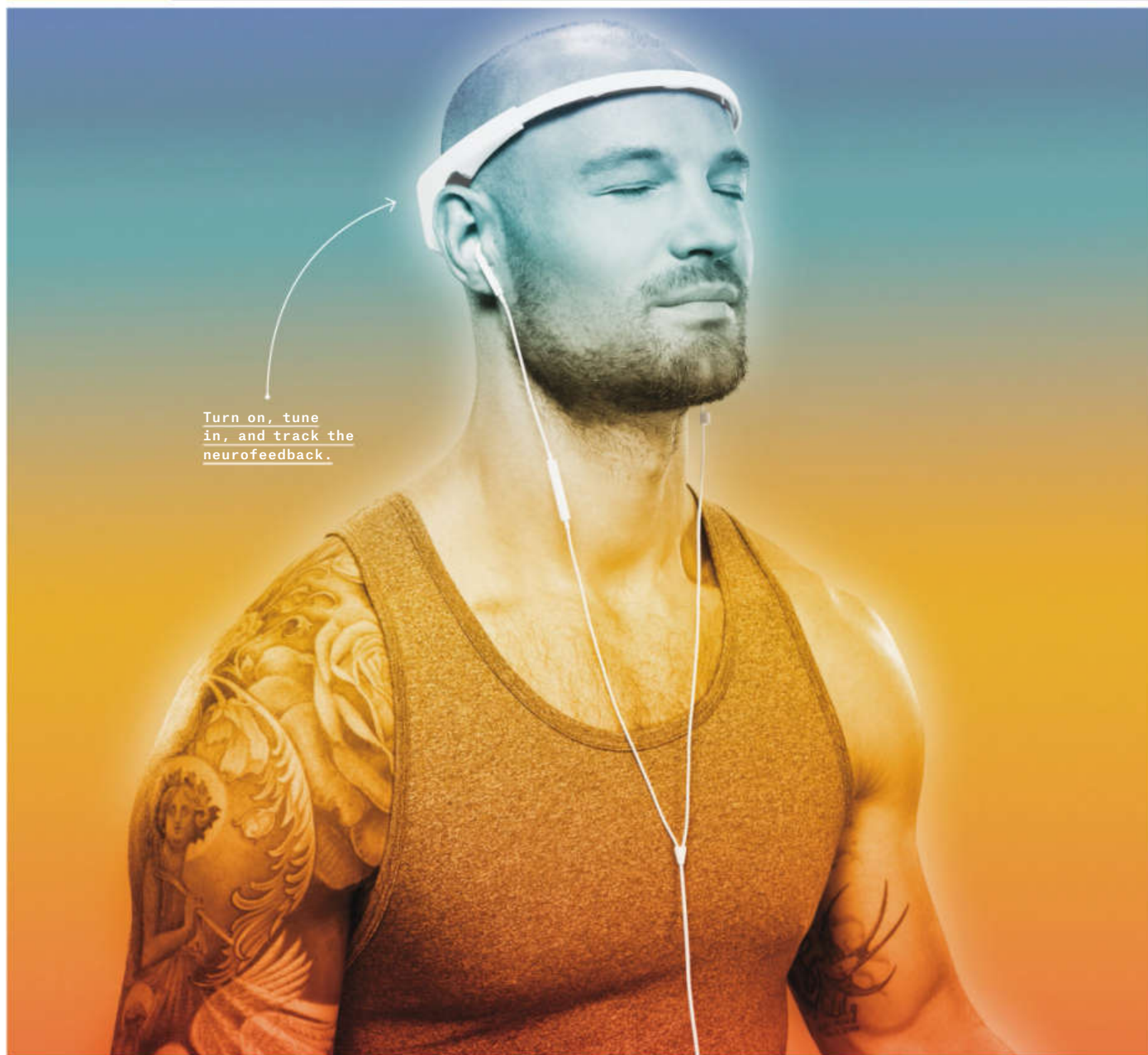
8 out of 10 people aren't getting enough fruits and veggies. Fill the gap with Nutrilite™ supplements, which are made by combining the **vitamins, minerals, and phytonutrients** from over **170 plants\***, many grown on our own certified **organic farms**.



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Turn on, tune  
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2015 Med Tech Awards

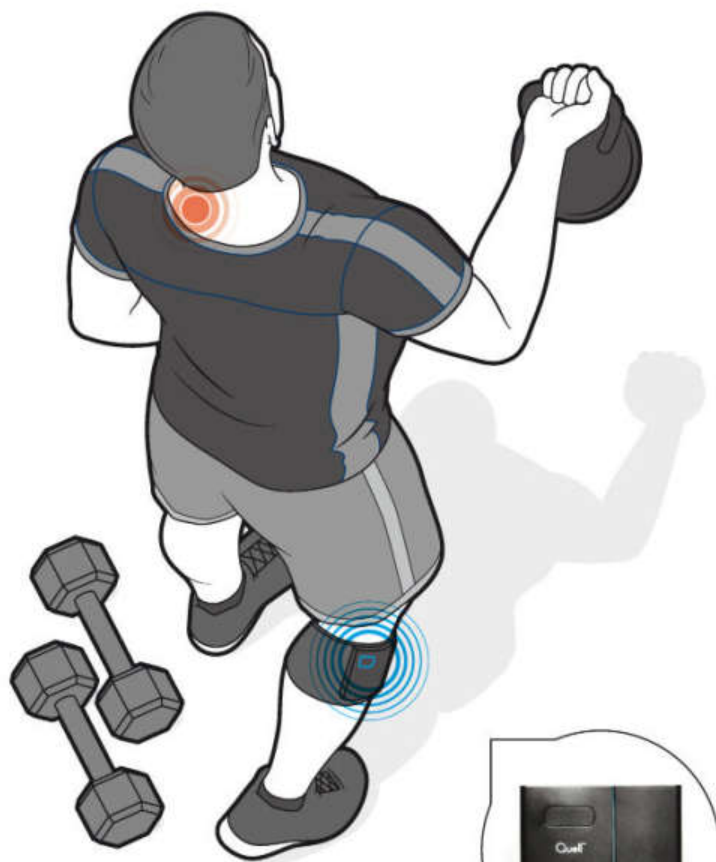
## 8 Magic Gadgets to the Rescue!

Which devices are hype, and which ones can power up your health? We spent a month being zapped and shaken to find out.



**THINK BACK TO WHEN THE HEIGHT OF HIGH TECHNOLOGY** and personal health meant a digital thermometer. The first few times you felt feverish it was almost fun to take your temperature. But then the novelty of shoving a battery-powered stick in your mouth (or anywhere else) wore off.

Today, there's so much stay-well circuitry and software out there that it's tough to tell *which* app a day will keep the doctor away. So our intrepid editors and one brave volunteer set out to separate the gimmicks from the game changers. Now they're healthier (and in one case, harder) for their efforts.



## Quell

\$249, [quellrelief.com](http://quellrelief.com)

**It's a wearable band that uses an intensive form of transcutaneous electrical nerve stimulation (TENS) to relieve chronic pain. The pulses prompt your body to release natural opioids. Therapy sessions last up to an hour.**

**THE TESTER** A late-50s weekend and weekday warrior, with all the aches and pains you'd expect from that age and activity level.

**THE VERDICT** "Let's just admit straight off that if you have a sore neck, it's plain weird to strap a band around your calf and call it a cure. But that's where a concentration of nerves sits, apparently making it an ideal location for Quell to shoot electrical pulses into your nervous system."

"Once I began electrocuting my calf, I noticed a few things: I felt a little loopy, for one. But that's expected—Quell's pulses are twice as powerful as those from other TENS products. As my tolerance grew, I began to raise the intensity level through the Quell app, until eventually my pain diminished from 6 out of 10 to 4.5. Sensation of pain is subjective, so it could all be in my head instead of opioids in my spinal column. But if this thing is quackery, I don't want to know. I'm enjoying the pain-reducing delusion."



## LUMO LIFT

\$80, [lumobodytech.com](http://lumobodytech.com)

**Lumo Lift is a posture tracker that clips to your shirt near your collarbone. During coaching sessions the device gently vibrates if it senses slouching.**

**THE TESTER** A commuter with an hour-plus drive who tends to slouch behind the wheel and at work.

**THE VERDICT** "I couldn't get anything past the posture police: Even slouching on the toilet set the device into a frenzy. But after noticing how frequent the zaps were while I was seated, I made an effort to keep my shoulders back or use my standing desk. When the app said my posture was 'Great!' all week—sans coaching—I sat taller, and prouder too."



## Viberec

\$300, [reflexonic.com](http://reflexonic.com)

**Not your typical vibrator:** It sends vibrations through the head of your penis to stimulate the nerve receptors along the prostate. This causes a boost in nitric oxide, which helps dilate pole-raising blood vessels.

**THE TESTER** A prostate cancer survivor who has struggled to rise to the occasion ever since he had his gland removed nine years ago.

**THE VERDICT** "For years I've been asking my urologist, Dr. Judd Moul, if any new ED treatment options were available besides popping the blue pill and using a painful vacuum pump. Then one day he recommended what sounded like vibrating salad tongs. 'It's not uncomfortable, it's easy to use, and it's actually fun,' Dr. Moul promised. The first time I tried Viberec, the vibrations were so subtle that I didn't think it would work. But my doubts lasted about three minutes—the time it took me to get hard. And a year later, still no complaints." (Turn to page 82 to find out how to protect your own erections.)



## Muse headband

\$299, [choosemuse.com](http://choosemuse.com)

**The Muse headband uses EEG neurofeedback to track your brain's electrical activity. When worn and used with its app, Muse trains your brain to manage stress through three- to 20-minute meditation drills.**

**THE TESTER** A new parent who can't manage to relax at the end of the day.

**THE VERDICT** "Once the baby was asleep, I donned the headband and turned on the app. As I listened to waves gently crashing, it told me to focus on my breathing. Soon I started to think that I could've been using this time to catch up on some work. The seven EEG sensors on the headband quickly picked up on the change in brain activity, and my soundtrack changed from serene surf to thunderheads on the horizon. But once I refocused on my breathing, the waves immediately came lapping back. Muse made me realize how quickly I let stressful thoughts take over my mind—and just how easy shutting them out can be."



## FIT FOR BATTLE

**Time to get something off your chest—that old heart rate monitor. The Surge, Fitbit's first watch, has a built-in HR sensor, so a glance at your wrist can tell you how hard you're working. Plus, the watch plays music, receives texts, and has GPS and caller ID. \$250, [fitbit.com/surge](http://fitbit.com/surge)**





### MARC PRO

\$650, [marcpro.com](http://marcpro.com)

**Marc Pro is a stimulation device designed to speed recovery by emitting a mild electrical current that causes muscle contractions. “This pumping action brings bloodflow—nutrients, protein, and oxygen—into the muscles and clears away waste from exercise,” says orthopedic surgeon Nicholas DiNubile, M.D., author of the *FrameWork* book series.**

**THE TESTER** An endurance athlete who wants to recover faster while training for a half marathon.

**THE VERDICT** “Dr. DiNubile says the Marc Pro works best when your muscles are relaxed, so after my workouts I sat and shocked myself as I watched TV. Within a month, I began to feel fresher and faster during runs. Now I have an excuse to cool down on the couch.”



### Spire

\$150, [spire.io](http://spire.io)

**The pebble-shaped sensor clips to your waistband, where it tracks every breath that enters and exits your lungs. The app analyzes the movement of your diaphragm to determine if you are tense, focused, or calm.**

**THE TESTER** A 20-something with ADHD who turns to digital distractions when anxiety hits at work.

**THE VERDICT** “The idea of using more technology to tone down my anxiety seemed like a dumb move. And did I really need an app to tell me how to breathe properly? Apparently, yes. The app alerts always came at times when I was most in need of a timeout. One notification (‘You seem tense. Take a deep breath.’) was enough to snap me out of a 3 p.m. slump and power through the afternoon. Eventually I didn’t need Spire’s nudging: I began to opt for outdoor strolls to tame my tension instead of falling into the Facebook rabbit hole. Judging from my completed to-do lists, it pays off to take a breather.”



## Night Shift

\$349, [patient.b-alert.com](http://patient.b-alert.com)

**When this prescription-only device senses that you’re sleeping on your back, it starts to vibrate—and slowly ramps up the intensity until you move. Lying faceup causes the tissue that hangs in the back of your throat (a.k.a. the soft palate) to block your windpipe, which leads to snoring.**

**THE TESTERS** A 30-year-old who habitually snores (and his increasingly annoyed light sleeper of a wife).

**THE VERDICT** “My doc says I don’t have sleep apnea, and I’ve tried everything to stop snoring—including the ol’ *MH* tennis-ball-behind-your-back-tip. So I was wary of the Night Shift, especially since it resembled a dog collar. But it didn’t take long to start training me. I’d roll onto my back, triggering the sensor to vibrate, which would make me turn onto my side to shut it up. By the fourth night I’d become an unassisted side sleeper and, to my wife’s delight, a former snorer. I did feel silly wearing it, though. ‘It makes you look like you’re into weird sex stuff,’ she said. Sadly, that was not an invitation.”



THEY GOT IT RIGHT

## HOW THE SWEDES SAVE LIVES

If only blood were like beer: Guys might buy an IPA for a stranger, but few are as generous with a pint of A positive. The American Red Cross estimates that just 3 percent of men who are eligible to donate actually do. Maybe we should follow Sweden’s lead: A blood bank there now sends donors a thank-you text that notifies them once the blood enters someone’s vein. There’s already been an increase in returning donors, and more blood banks are expected to follow suit. Scott Halpern, M.D., Ph.D., a bioethicist at the University of Pennsylvania, says knowing that your blood is helping someone gives you tangible evidence that the donation was worthwhile. Need an incentive? Sign a financial contract on [stickk.com](http://stickk.com); if you don’t donate the red stuff, you’ll have to give some green instead.

—MELISSA ROMERO

## Men's Health Showdown

## Who Will Go Limp First?

Find out which reader's sex life is most likely to peter out prematurely.

### EVER WONDER WHY AN ERECTION

is "wood" and not, you know, "steel"? After all, steel is harder, stronger, and straighter—a much better construction material for making whoopee. But the reality of what you're actually packing is more fragile: If you're not careful, your wood can be bent, burned, or (ouch) broken. Sleep with the wrong person and it can even start to rot. More likely, however, is that one depressing day you'll discover that your mighty oak has become a weeping willow.

That day could come sooner than you think. Erectile dysfunction affects 18 percent of U.S. men who are 20 or older, according to a study in the *American Journal of Medicine*. That means nearly 20 million guys are suffering from limp logs. So what determines who will escape ED and who will flop before the big 4-0? We decided to find out by asking three men to open up their lives to Kevin Billups, M.D., director of the Men's Health & Vitality Program at Johns Hopkins Brady Urological Institute. The trio revealed both the good and the bad, including their health histories, diet tactics, and fitness regimens (or lack thereof). After thinking long and hard, Dr. Billups gave us his prediction for whose sex life will dip first.

Read about Gene, Jonathan, and Mohamed here and make your own pick. Then turn the page to find out who's actually due for the droop—and how every man (including you) can start preserving his wood now. —LILA BATTIS



	Gene Pendakiwskyj 33	Jonathan Bateman 28	Mohamed Jalloh 24
HEIGHT/WEIGHT	5'10" / 195 lb	5'6" / 127 lb	5'10" / 180 lb
JOB	Insurance agent	Auto body repair shop foreman	Clinical pharmacist
FAMILY HISTORY	No health issues on either side of the family.	Diabetes runs on both sides of the family; paternal grandmother had heart disease.	High blood pressure on his father's side; maternal grandfather has diabetes.
DRUG AND/OR ALCOHOL USE	"I used to drink and smoke heavily, but now I just have two to four drinks on weekends."	"I smoke sometimes, and I drink a bit—two or three beers a day. I tend to drink more on weekends."	None. "I tell my patients not to use illegal drugs or drink excessively, so I steer clear too."
EXERCISE	Heavy weight training six days a week; high-intensity cardio three days a week.	No real workout plan. "But I'm always doing something physical. I like to hike and mountain bike on weekends."	Personal training session twice a week. "I've had bouts with stress, but I manage it through exercise and meditation."
DIET	Six small meals a day. "I eat a very strict high-protein, low-carb diet Monday through Friday. But on weekends I don't have any restrictions."	"I eat mostly junk food—burgers, pizza, cheesesteaks—due to a hectic schedule. I usually have just coffee at breakfast, and then a big lunch and a small dinner."	Four or five protein-heavy meals daily; the biggest one is breakfast or lunch. "I try to get a cheat meal in every other week to preserve my sanity."
STRESS LEVEL (SCALE OF 1–5)	5. "Making ends meet is tough."	4. "I always have a full plate."	4. "I log four to six hours of sleep."
HIS PREDICTION	"It has to be Mohamed. There's his family history, but he also mentions stress. I think ED can be both mental and physical."	"I'm going with Gene. Being in a sales position is stressful and tough—if you don't make numbers, you don't eat."	"I think it's Gene. He's got the constant stress and the alcohol and smoking history."



# INSIDEOUT EVENTS & PROMOTIONS

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Gene Pendakiwskyj

**IN PENDAKIWSKYJ'S CASE, QUITTING** is winning, says Dr. Billups. A 2014 Chinese study review concluded that smokers are 51 percent more likely to develop ED than those who don't light up. And although it's a good thing that he cut back on the heavy boozing, the other extreme of totally sober could lose him some erection protection: Downing one drink a week—or as many as 20—can actually *reduce* a guy's risk of going limp by 30 percent, according to researchers in Australia. So far, so hard. In fact, the only factor that concerns Dr. Billups is Pendakiwskyj's body mass index of 28, which puts him in the overweight range.



**THE Rx** Since BMI can sometimes be an inaccurate gauge of dangerous weight, Pendakiwskyj needs to take out the tape measure to see if he's really at risk. "A waist circumference larger than 40 inches is an indicator of abdominal fat, which can lower testosterone levels, release inflammatory substances, and cause insulin resistance—all of which make you a more likely candidate for ED," Dr. Billups says. If he fails the gut check, he should cut his cheat meals to once a weekend and spread out his drinking. "Week-end bingeing is no good," says Dr. Billups. "He might eat and drink enough on those two days to cancel out everything else."



Jonathan Bateman

**HIS FONDNESS FOR FAST FOOD IS** quickly turning his body into a grease trap. "If he keeps eating like that, he'll do serious harm to his heart health," Dr. Billups says, referring to the trans fats and sodium Bateman scarfs down. That, plus his family history, can lead to penis problems: Men with risk factors for vascular disease make up nearly 90 percent of ED cases, say Tulane University researchers. There's also his allergy to exercise: A 2015 Duke University study found that guys who logged less than three and a half hours of moderate exercise a week had fewer erections than their active counterparts.



**THE Rx** There's a menu that will boost Bateman's erections, but burgers and french fries aren't on it. Following a Mediterranean-style diet—which is rich in olive oil, nuts, fruits, and vegetables—may lower your risk of the conditions associated with ED, say Italian researchers. That's because the diet is high in heart-healthy mono-unsaturated fats as well as nitric oxide, the main chemical that boosts bloodflow down below. As for exercise, Bateman should amp up his cardio during the workweek, says Dr. Billups. In an Austrian study, men who burned at least 3,000 calories a week by cycling or running reduced their risk of ED by 37 percent.



Mohamed Jalloh

**A GUY CAN'T BUY NEW GENES AT** the mall, so Jalloh has implemented lifestyle changes to alter his health destiny: He sticks to a high-protein diet, maintains a regular exercise routine, and reduces his stress and anxiety with meditation instead of Marlboros. But he's not completely on course: Over time, those sleepless nights could eventually make it tough to wake up his erections. "If you sleep less than six hours a night, you're increasing your risk of obesity, stroke, diabetes, and coronary artery disease," warns Dr. Billups. And all of those factors increase your risk of developing erectile dysfunction too.



**THE Rx** He's taking control of his health, but Jalloh still needs to see his M.D. to track his BP and blood sugar levels, says Dr. Billups. To address the shuteye shortage, he should switch to morning workouts. Exercising too late in the day could have an energizing effect that can leave a guy staring at the bedroom ceiling, says Dr. Billups. What and where he eats in the a.m. is also important. Japanese researchers found that men who ate a breakfast high in the amino acid tryptophan while exposed to sunlight had higher levels of sleep-inducing melatonin at night. So pull up the shades and pick up your fork for some smoked salmon and eggs with coffee and milk.



## MH CHALLENGE

### GET A SPOT CHECKED

Every summer you show your skin to the world—strangers included. But we know who probably didn't eyeball your epidermis: you and your dermatologist. We call that a dangerous blind spot.

So let's make fall the new season for skin screening. To get things rolling, we asked Louis Maz-zante, digital director at our sibling publication *Bicycling*, to lead a peloton of body-baring men.

**Why Louis?** Well, he's 39 and had never had his skin checked. Yet athletes who train outside are often exposed to high levels of UV radiation, further increasing their risk of skin cancer, according to Spanish research.

First, Lou checked every inch of his body for odd-looking spots. Then he headed to a skin doc for a pro's take. You can find out how he fared in the October issue of *Bicycling*. Now examine your own hide and schedule a screening. To motivate other men to join you and Lou, visit [MensHealth.com/getsomeone spotchecked](http://MensHealth.com/getsomeone spotchecked).



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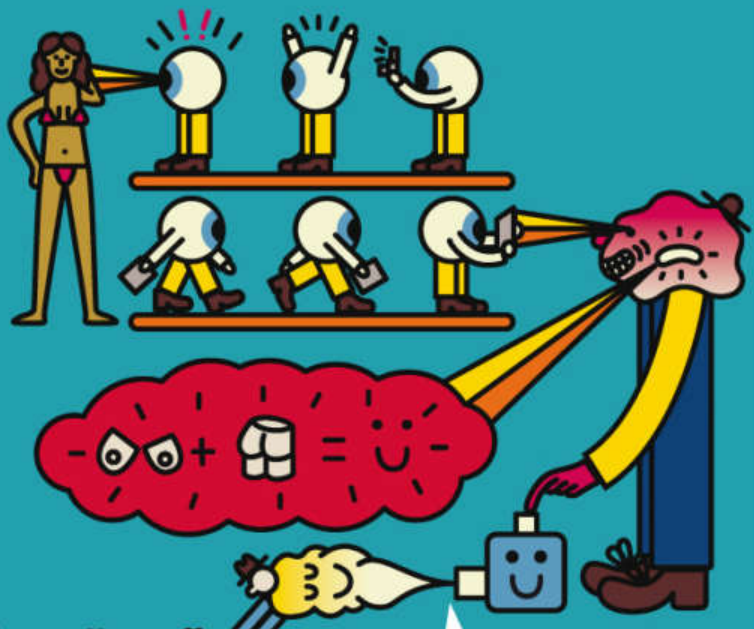
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# How One Look Leads to Liftoff

When a man catches a glimpse of an attractive, scantily clad woman, the effect is pure alchemy: Flesh turns into wood. Darius Paduch, M.D., Ph.D., director of sexual health and medicine at Weill Cornell Medical College, explains the science of lust at first sight. —K. ALEISHA FETTERS



## 1/ Your Insula Says "Oh Yeah!"

The instant you see her barely dressed body, millions of ocular receptors snap a mental picture and send it to your insula, a key brain area for perception and emotion. Once the image arrives, the insula automatically calculates your erotic possibilities with her.



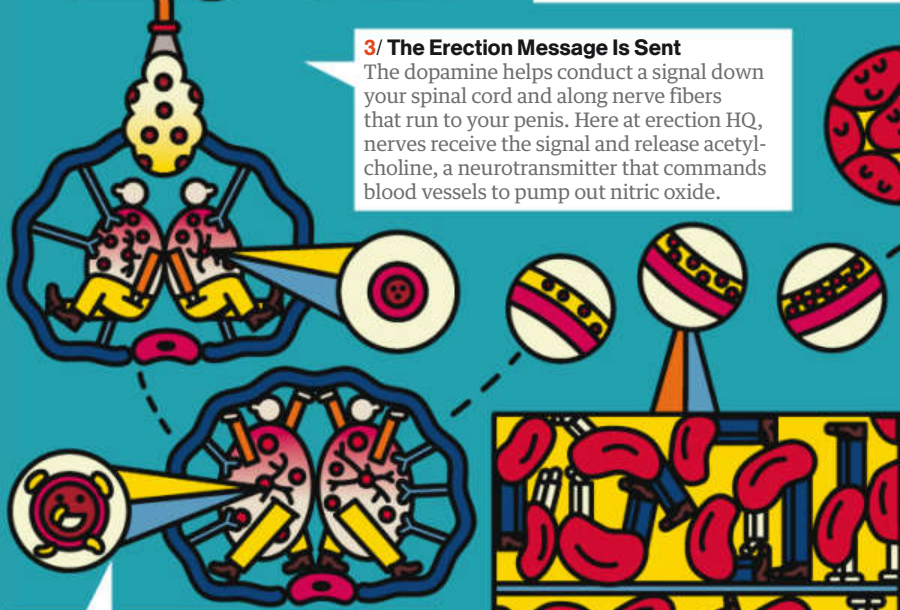
## 2/ Dopamine Pulls the Lust Lever

Your brain responds to the insula's alert by squirting out dopamine, a neurotransmitter that's responsible for lust. But if you're feeling stressed, expect a biochemical cold shower: Your adrenal glands will release fight-or-flight hormones that dampen dopamine's effects.



## 3/ The Erection Message Is Sent

The dopamine helps conduct a signal down your spinal cord and along nerve fibers that run to your penis. Here at erection HQ, nerves receive the signal and release acetylcholine, a neurotransmitter that commands blood vessels to pump out nitric oxide.



## 4/ Blood Rushes to Your Head

Your penis has two chambers, both filled with spongy muscle tissue. Nitric oxide relaxes the tissue, allowing the arteries running through it to dilate. Blood flows in at more than eight times the normal rate, which results in some impressive, gravity-defying engorgement.



## 5/ Your Softy Becomes a Stiffy

As the tissue in these chambers expands, it presses against surrounding veins, preventing boner blood from draining out. Your slugger may now be holding a quarter cup of the red stuff. Of course, you'll lose your lift once you lose sight of her—or have an orgasm.







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# Why She Wants You Bad

**You're polite. Thoughtful. Considerate. And boring! But your rough side might rub her the right way.** BY MIKE DARLING



**YOU KNOW A REBEL WHEN YOU SEE ONE. AND SO DOES SHE.** In a recent Australian study, researchers discovered that men who ignore rules are more desirable to women. “Non-conformity suggests qualities that women typically find attractive, like risk taking and assertiveness,” notes study author Matthew Hornsey, Ph.D. “It communicates authenticity, which in an image-obsessed world has become a rare and valuable commodity.” Translation: Faking it won’t work. So turn the page to tap into your true rebellious side. More sex, hotter sex, so-adventurous-it’s-barely-legal sex awaits.

## 1

## Make Her Look

Walk into any bar on a Friday night, and you'll swim in a sea of gingham. Guys can be risk-averse: "We're pack animals—we're programmed to play it safe and follow the crowd," Hornsey says. "But part of being an adult is knowing when to fit in and when to stand out." So rather than blend in with the rest of your wolf pack, reach into your closet for a look that'll turn you into the alpha dog.

► **YOUR REBELLION** Add one edgy item to every outfit. For instance, start with a black blazer and a white T-shirt, says *Men's Health* fashion director Sandra Nygaard, and pair them with slightly distressed jeans to create contrast and interest. Other ways to apply this principle: Trade a wristwatch for a leather cuff. Mix a leather jacket with a dressy shirt. Pair boots with a suit, sneakers with dress pants, or dress brogues with jeans. And switch out your cologne for something with a more earthy scent, such as patchouli.



MOAN ZONE

## ► THE SECRET TO GREAT SEX!

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## 2

## Come On a Little Stronger

It's obvious when you secretly hope something better will come along. Take online dating: Many guys flirt for days if not weeks before finally making plans. "Men cast a wide net on these apps and sites, but it's not always obvious when they're actually interested," says Paulette Sherman, Psy.D., a psychologist and relationship coach. "Making a first move quickly shows that you're assertive and confident." Plus, it sends a message that you're not playing the field.

► **YOUR REBELLION** Skip to the best part. Apps like HowAboutWe and Tinder are meant for meeting up instantly, so embrace them. You might be surprised by how receptive she is, as long as you pick a safe, public place, Sherman says. "It's a relief to find out if there's chemistry right away. A man who drags things out can seem weak because his actions don't support his words." Be straightforward in your pitch, and avoid a big-time commitment. Aim for confident with a dash of boldness. Try something like "I need to buy you a drink. Tomorrow. It'll be more fun than whatever you have planned."



Show a woman your  
rebellious side  
and she'll cry,  
"More, more, more!"



# 3

## Lower Your Fear Factor

Men often play it safe because the potential for awkwardness and rejection is so high, says Paul Hokemeyer, Ph.D., a relationship and family therapist. "When we experience fear, the primitive part of our brain causes us to steer clear of danger." So treat boldness like a muscle you need to exercise as often as you do your quads, says Hornsey. "Practice being different. Let the potential for embarrassment wash over you, and eventually you'll realize it's okay."

► **YOUR REBELLION** Demonstrate fearlessness in ways she'll never forget: Hop the fence some night to go skinny-dipping at the local pool, or have sex in your office after hours. Even little moments can leave a deep impression, says *MH* sex advisor Debby Herbenick, Ph.D., who recalls the way a man once flirted with her on a plane. "After we'd been talking awhile, he got up to use the restroom. He took off his headphones and slipped them over my ears without even asking. It was bold and sexy, and it's never left me. If I hadn't had a boyfriend, I would've said yes when he asked me out."

## HOP A FENCE TO GO SKINNY-DIPPING, OR HAVE SEX IN THE OFFICE AFTER HOURS. THESE LITTLE MOMENTS CAN LEAVE A DEEP IMPRESSION.

# 4

## Declare War on Boredom

Most people are prone to falling into dating routines, says Dan Ariely, Ph.D., a psychology professor at Duke University and the author of *Predictably Irrational*. That's just the way we're built. And over time, these outings become less satisfying. "Our brains quickly adapt to things, and then we don't react as strongly to the triggers. They become a form of white noise," Ariely says. But when you and your date are sharing a new experience, there's a spirit of adventure that naturally makes you seem more excited, he says. And that positive energy could rub off on your relationship.

► **YOUR REBELLION** Three words: restaurant bathroom sex, says Herbenick. "Duck into a closet or bathroom with her and slip off her underwear." There's a good chance she'll enjoy shaking things up. A 2013 survey by the sex info site Good in Bed found that 28 percent of women were bored in their relationships, and another 25 percent were on the "brink" of boredom. If the restroom stall at Olive Garden fails to rev things up, you could go simpler: On your next airline flight, drape a blanket across your laps and engage in some playful fondling, suggests Herbenick, whose air travel adventures are apparently more interesting than ours. See how close you can get each other to climax—without actually arriving there. Save that for the hotel room shower after you check in.



## ARE YOU A PERVY?

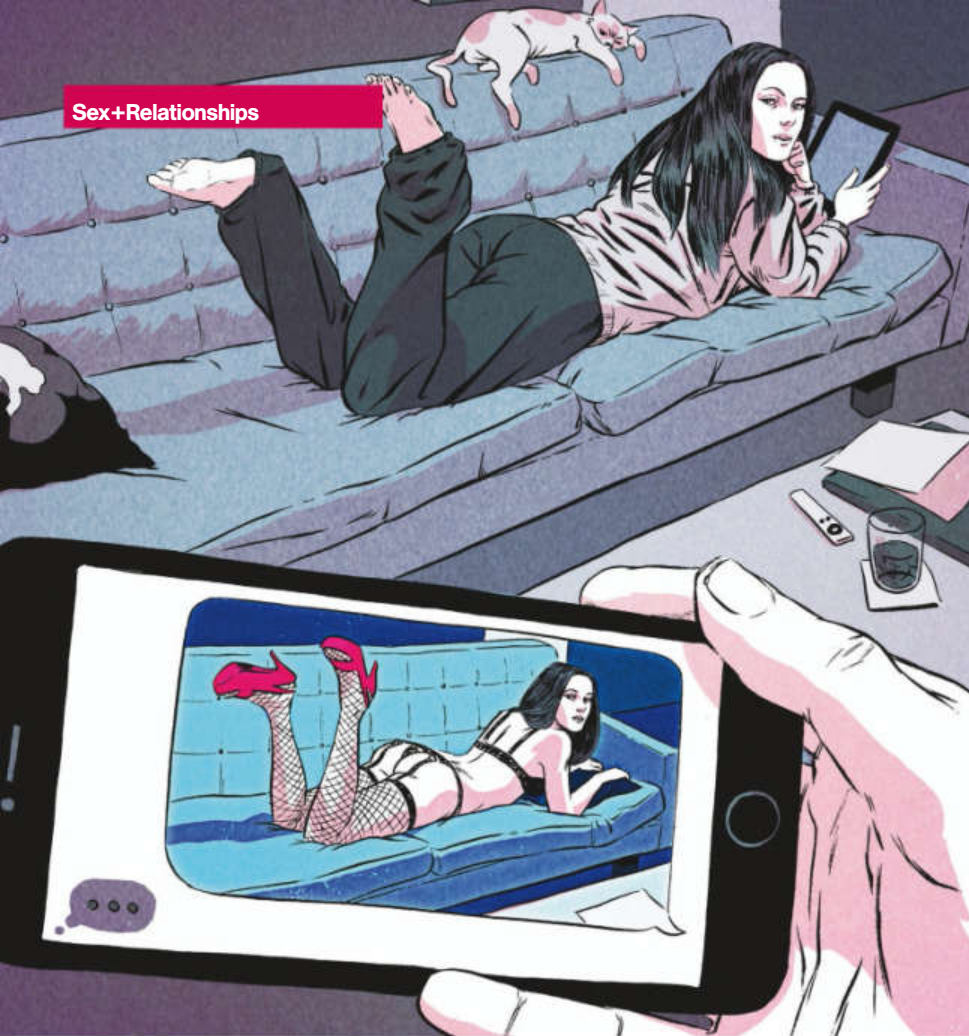
LET *MH* SEX ADVISOR DEBBY HERBENICK, Ph.D., M.P.H., MAKE THE CALL.

### I occasionally peek at other guys in the locker room and at the urinal.

CARL, AUSTIN, TX  
What guy hasn't? I wouldn't call that pervy. I assume you're checking to see how you stack up. The thing is, soft penises in locker rooms aren't good indicators of what's typical—any more than those giants of porn are realistic. (For the record, 3.6 inches flaccid and 5.2 inches erect is average, the data reveals.) So peek if you want to. Just don't be obvious about it, okay?

### I search for porn lookalikes of women I know in real life. Creepy?

JIM, PHILADELPHIA, PA  
Depends. Checking out an adult star who resembles, say, your local barista is understandable. It helps you fantasize, and that's your business. (PS: If you ever date that barista, clear your search history. She may see it and think you're just into her "type.") But is this a solo mission or a search party? If you post her photo and ask randos for help, you're crossing the line. This actually happens, and it violates her consent. So keep your fantasy between you and YouPorn.



## The Sexperiment

# "I Sent Dick Pics to My Wife" Your smartphone is also a sex toy. Could it hold the secret to a hotter marriage?

BY TIM ROGERS

**A** FEW MONTHS AGO I MET a buddy for a beer after work. As he was settling in, I grabbed his phone. "I'll scroll through your photos and ask about them," I said. "It's a fast way to catch up."

"Nope," he said, snatching it back. "I've got dick pics on there." When he travels, I learned, he and his wife keep the connubial fires stoked with explicit texts. "You should try it," he said.

My wife and I just celebrated our 19th anniversary. I love her all the way to the bottom of her heart, as our daughter once said when she was 4 years old. That daughter is now 9. She's got a 16-year-old brother. They take a lot of work. Work, too, takes a lot of work. So, sexting. Maybe I *should* try it, I thought. **1**

I consulted another friend. I said I might cut a hole in a piece of paper and draw a tableau—like the Last Supper—for my penis to peek through.

"Dude, take it seriously," he advised. "If you want this to work, do it with sincerity."

A few days later, my wife left town on a business trip. That night, I sent my first sext:

"Remember that time you and I had crazy sex on our dining room table?" Nothing. **2**

I followed up: "Have you been sitting there, racking your brain, trying to remember it?"

Finally the response came: "Ha no driving."

The next day, after a perfunctory exchange about what time the dog had last been walked, I pivoted. "Say, unrelated," I wrote, "but I was thinking about that day many years ago, before we had kids, when you picked me up from the airport and let it be plainly known that you weren't wearing panties under your skirt."



## Three Sext Tips Your Buddies Won't Tell You

### 1 DON'T RUSH

"Work up to the dick pic," says sociologist Jenn Gonsaullus, Ph.D. "Tease her with other shots of your body before the big reveal."

### 2 THINK FORWARD

Past romps are fun to describe, Gonsaullus says, "but so is how the thought of being with her *now* drives you crazy with desire."

### 3 BE PERSONAL

Give specific compliments, says psychologist Paulette Sherman, Ph.D., like how great her butt looks in those new yoga pants.

## "I WAS CONSUMED WITH FEAR. WOULD SHE THINK I'D MADE HER THE BRUNT OF A JOKE?"

"Ha! What a complete non sequitur and fun memory. We used to be crazier," she wrote.

Me: "It's true. You'll recall that we went to the Blue Goose from the airport, and I had to eat an entire meal while stifling a boner." **3**

No response. The reference to my long-ago stifled boner sat there, unrequited.

Six friends attended happy hour that day. I read my efforts aloud. "Who says 'you'll recall' in a sext?" one guy asked. "You sound like a lawyer addressing a hostile witness."

Another: "You 'stifled a boner'? It's like NBA coaches miked up in huddles, talking for the TV audience and not the players."

Their mockery was interrupted when my screen lit up: "Are you working on an article?"

Hooting and hollering ensued. I needed to send a dick pic now, they agreed. One said, "Text her: 'Does this answer your question?'"

Have you ever tried to cultivate an erection in a bathroom stall in a bar, during daylight hours, without assistance? Anyway, I sent the photo, along with their suggested message, and was immediately consumed by a level of fear and shame I'd never felt before. Would she think I'd lost my mind? Or, worse, would she think I had made her the brunt of a joke?

I returned to looks of disbelief at the table. Several minutes passed, and then came her response: "Ummm." Not "yummm." *Ummm.*

I read her text aloud. One buddy quoted Otter, from *Animal House*. "You can't spend your whole life worrying about your mistakes," he said. "You fucked up! You trusted us!"

Later, I fessed up. Yes, it was an experiment. But my heart was in the right place, along with my penis. The memory of that ride home from the airport is one I'll never forget. Sure, we used to be crazier—but still no less in love.

As for sexting? With someone as inept as I am driving the show, it was never going to work. And for me and my wife, texting is all about coordinating the daily demands of married life.

One more thing. When I explained myself that night, my wife said, "You tell them I figured it out," she said. "I sussed out your little experiment. I'm too smart for that."

And that's why I look forward to our 20th.



# YOUR ADVENTURE AWAITS



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ON THE PULSE



# THE GIRL NEXT DOOR

Sex, dating, love, and lust. Ali Fedotowsky will now take your questions.



## I think my coworker is hitting on me. I'm married. Do I ask her to cool it?

NICK, BROOKLYN, NY

Nah. Call her out directly and here's what'll happen: She'll deny she was ever hitting on you or insist that you misread her signals. Instead, send a strong message that you won't be taking part in any after-hours closed-door meetings. So if she talks about how flattering your shirt is, throw her a quick "thanks" and mention your wife's good taste. Then change the subject. That's a signal no woman can misinterpret.

### I'm certain I don't want kids. When do I tell someone I'm involved with?

JEFF, NASHVILLE, TN

Relax. You can wait until you've rattled each other's headboards a few times, okay? Sure, the kid conversation is a must-have, but it's way too heavy to spring on her right away. If you bring up the topic any sooner than a few weeks in, you risk making things weird. In the early stages, she's probably looking for the same thing you are—a trustworthy, stable person who can intelligently debate the *Game of Thrones* finale. If she's that worried about her biological clock, trust me, she'll be the first to ask.

### I travel a lot for work. How do we keep our relationship from fizzling?

CARL, ATLANTA, GA

I recommend low lighting, a quality computer or phone, and a solid Wi-Fi connection. Of course, virtual booty-knockin' is no substitute for the real thing—especially for us women—so eventually you'll need to go with another tactic. My suggestion: Treat your time away as if it's a really, really long foreplay session. Don't just tell her you miss her—say you also miss that little thing she does with her tongue. By the time you make it back home, she'll have only one thing on her mind—and it won't be how your marketing summit in Cleveland went.

### My girlfriend gets annoyed when I don't answer her texts right away. What's my move?

JOE, DENVER, CO

Sometimes this feels like a cellular stiff-arm, so let her know it's not. Most women, me included, value communication highly, so if you're going off the grid, just give her the basics and let her know when you'll be back in touch: "Bowling with Jim. Text you after I kick his ass!" Pro tip: Follow through. If that doesn't do the trick, it speaks to bigger issues—ones that may require you to cut the cord.

### Do women really talk to each other about guys they're sleeping with?

AARON, PHILADELPHIA, PA

Catch us on the right night with the right beverages, and not many topics are off-limits: How big it is (and how much that matters... or doesn't), how long you can last, the position you like most. But don't worry—the dirt is usually about booty calls. If I'm serious about a guy, I won't go there unless we're having problems. The best way to avoid a bad grade? Keep her satisfied, be respectful, and try new things. Then she'll have only rave reviews to share after that second mimosa.



Follow Ali on Facebook at [MHGirlNextDoor](#), and on Twitter at [@AliFedotowsky](#).

## 4 PICS THAT PISS HER OFF

THINK TWICE BEFORE POSTING THESE SNAPS, SAYS DATING EXPERT LOGAN LEVKOFF, Ph.D.



### AFTER A BIG WORKOUT

Let her handle the postmarathon selfie, Levkoff says. Post something symbolic, not sweaty—like the celebratory doughnuts at the finish line.



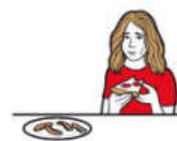
### WHEN SHE'S SLEEPING

Celebrity couples might pull this move because they think it makes them look relatable. But for everyone else, Levkoff says, it's just creepy, not cute.



### WITHOUT MAKEUP

She may love hearing that you admire her natural beauty. So say it, don't share it, Levkoff says. Whatever face she shows to the rest of the world is up to her.



### DURING A MEAL

Few people look good chowing down. But extend the moratorium to your plates too—it'll be easier to forget just how many slices of pizza you both scarfed.



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**— OR GO HOME! —**



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A person is seen from behind, silhouetted against a bright, hazy background of a concert. Their arms are raised in the air, and they are wearing a watch on their left wrist. The scene is filled with warm, golden light from stage lights, and other people's heads are visible in the crowd below. In the top right corner, there is a white box containing the text 'The MH Life' and a tagline. In the bottom right corner, there is a quote about dream jobs with an arrow pointing to a smartphone held up in the crowd.

# The MH Life™

ENJOY YOURSELF. IT'S GOOD FOR YOU!

## Score the World's Best Job

Some guys clock  
in with grins on their  
faces every day.  
Shouldn't you be one  
of them? BY MATT MCCUE

### YOUR JOB SATISFACTION IS CRITICAL.

People who are happy at work consistently outperform their unhappy peers, according to research from the University of Warwick, England. And a study in the journal *Psychological Science* suggests that a strong sense of purpose, professional or otherwise, can help keep you from dying early. No one is simply looking for a job. "All of us are searching for our life's mission," says career coach Joe Sweeney, author of *Networking Is a Contact Sport*.

Is your vocation falling short? Odds are it is: In a 2013 survey from the Conference Board, a business research firm, 52 percent of people reported job dissatisfaction. That makes the men in this story even more impressive. They've landed gigs the rest of us only dream about. So when you're ready for a career upgrade—or maybe just your next big promotion—let them inspire you.

Some dream jobs,  
like concert  
promoter, have nice  
office views.





See your obstacles  
as opportunities.

## The Obstacle Course Builder

Admit it: Sometimes you gaze longingly outside your office window and pine for your boyhood days of building tree forts and stomping through muddy creeks. Well, Mike Morris does those things for a living: He develops obstacle courses for Spartan Race. If you've ever hauled yourself up a slip wall or dragged a Spartan sled at one of these events, you know his work.

Before a race, Morris and his crew of 30 will show up with six

tractor-trailers. They dig mud bogs, build monkey bars, and set up fire jumps. "The fun part is thinking about where we can be creative with the terrain," says Morris, 36. "Even when I have to stay up all night to finish a course, I still love what I do."

The gig came about unexpectedly. Morris, an engineer, was working for a consulting firm and spending his weekdays thinking about whatever multiday adventure race he had scheduled for the weekend. Those grueling runs were his passion, and to build

a strong team, he occasionally joined forces with Joe De Sena, a Wall Street trader with an equal passion for sweating in the mud.

Eventually De Sena founded Spartan Race, and Morris was one of his first hires. "My trial was proving myself on those race courses, and Joe liked my work ethic," says Morris. "I once read that your dream job should be at the intersection of what you're good at, what you enjoy doing, and what drives your economic engine," says Morris. For him, that's building the courses he loves.

### ▶ ALWAYS BE NETWORKING

People who share your interests—whether they're the guys you go biking with on weekends or the couples you make small talk with at the dog park—often end up becoming your professional allies, says Sweeney. "Every person you meet is asking three questions about you: Do you care about me? Can you help me? And can I trust you?" he says. If you earn passing grades from the people you meet, you'll make lasting connections that can dramatically increase your potential for success.



THIS FLIGHT

THIS FLIGHT

OR THIS ONE

EVEN THIS FLIGHT

THIS FLIGHT

OR THIS ONE

OR THIS ONE

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MILES GET YOU WHICHEVER ONE YOU WANT?



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## 2

## The Whiskey Drinker

For David Blackmore, happy hour typically starts at his first meeting of the day. As the global brand ambassador for Glenmorangie and Ardbeg, two single-malt scotch distilleries, he travels the world, tumbler in hand, often drinking with high-profile clients. "I've had dinners with Arnold Palmer four years in a row," says Blackmore.

Years back, Blackmore ran an event management company that arranged occasional whiskey tastings. Then he started moderating panels for industry pros and met Glenmorangie's master distiller. He began emailing or calling the guy every week to ask about a job, and nine months later, the brand ambassador position opened up.

#### ▶ ASK FOR YOUR DREAM JOB

Interested in a job or promotion? Then say so. "When others know what you want, they'll do what they can to help you get it," says Sweeney. To avoid becoming obnoxious, balance your pleas for employment with updates on your successes or unique observations about the industry, says Sweeney.



Job applicants must be willing to work nights.



## 3

## The NBA Player

At pickup games across America, amateur ballers are imagining themselves driving on pro-level hardwood, with the glare of the varnish, the roar of the crowd, and the boom of the PA goosing their adrenaline levels ever higher. NBA power forward Charlie Villanueva understands the fantasy well. "Once I signed my first deal [with Toronto], I was like, 'Wow, now I get paid to play the game?'" he says. "I'd do it for free!" That was 10 years ago.

Villanueva doesn't have LeBron's rabid fan base or big endorsement deals, but that doesn't detract from the fact that he makes a damn good living doing what he loves: playing basketball. He uses his talent and 6'11" frame to set picks, block shots, grab rebounds, and trigger momentum-changing runs. And for his work, he flies in the team jet, sleeps in five-star hotels, and earns 10 or 15 minutes of court time every game.

Last year, though, Villanueva's basketball career could have come to an end when the Pistons decided not to sign him on for another year. To stay in the game, he began marketing himself through weekly videos that highlighted his skills and determination. The campaign worked: The Dallas Mavericks picked Villanueva up. Even better, he finally made it to the NBA playoffs—a first after 10 years.

#### ▶ THINK LIKE A BOSS

You can't always coast on your past accomplishments, especially in highly competitive industries in which performance is closely scrutinized. So if you feel yourself being edged out by the superstars around you, identify the jobs that hold the company together but that few people are pinning for. "All managers have huge challenges," says Sweeney. "So figure out how to solve their pain." The Mavericks needed a guy who would work hard and push the rest of the team. Villanueva became that guy, for \$1.4 million a year. What need can you solve?



#### ▶ GO AHEAD, SHOOT THE SHIT

Friendly banter can foster job security, say University of Pennsylvania researchers. They analyzed emails and messages from over 8,000 workers at a consulting firm and found that those who chatted about social topics like food and sports were less likely to get laid off.





The best meetings  
go in circles.

# 4

## The Sports Car Tester

Instead of slouching into an office chair, Chris Goodwin slides in under a carbon fiber steering wheel. Instead of staring at a computer screen, he looks down a long stretch of pavement. As a test driver for the British car company McLaren, Goodwin, 48, spends his days redlining it on tracks from Spain to Bahrain to Death Valley. One day he's in a 570S, a car that goes from zero to 60 in 3.2 seconds, and the next, a P1 GTR, a \$3 million, 986 hp track bomber. Then he reports back to the engineers and does it all over again. "A lot of our customers dream of having my life," says Goodwin. "So I'm always introduced as 'Chris, the guy with the best job in the world.'"

Think you could handle a white-knuckle job like that? Goodwin thinks so. "Spend hour after hour at that speed"—often over 200 mph—"and you become very comfortable," he says. Right.

Goodwin always had an interest in cars, but he never imagined as a kid that one day he'd be living out his own Hot Wheels fantasy. But he worked on engines with his father, and later he left engineering school to pursue an opportunity to race professionally. In 2000, he jumped from the McLaren race team to the test-drive seat, and now he has the track all to himself. It's a gig so sweet that the company CEO jokingly asks why they even pay him. Good question.

### ► PURSUE WHAT DRIVES YOU

Goodwin wasn't one of those guys who set his sights on the plum job—the engineer behind the wheel—from the very start of his career. He simply followed his passion for speed and auto mechanics. That's always a good strategy: To create a truly rewarding career, spend as much time as you can in your "zone of genius," says Sweeney. This is the area in which you excel and can accomplish great things without great effort in a relatively short period of time.



## The International Spy

Jack Devine told everyone he was a U.S. embassy official. In truth, the former high school social studies teacher was a CIA operative, uncovering secrets on foreign soil.

The gig often played out like this: He and his wife would arrive in a foreign city and invite local government officials over for a get-together. Devine used the gatherings to identify potential double agents, and once he lined someone up, he'd employ Bond-level espionage, feeding his intel back to the agency. One stealth technique was to install wireless transmitters in his informants' cars so they could contact him on the road confidentially. Sure beats the conference room, right?

### ► LAY THE GROUNDWORK

The majority of Devine's time was spent laying groundwork—in his case, that meant building trustworthy sources. Apply the same attitude to your career, Sweeney says. "You have to be willing to do the little things every day," he says.



# 6

## The Professional Rock 'n' Roll Fan

When you discover a band you love, you might queue it up on Spotify. Bob Boilen just invites the musicians to play in his workspace at NPR. To date, his Tiny Desk Concert webcasts have featured the Pixies, OK Go, T-Pain, and more than 450 other artists willing to crowd into his cube to jam. It's the ultimate fanboy gig. "When an artist arrives, I just go down with a cart and help them carry their gear in," says Boilen.

But Boilen couldn't always conjure up live music. At 35, after a run with TV production, he started in radio at *All Things Considered*. "But my heart kept telling me to do something I really cared about," he says. So in 2000 he launched the *All Songs Considered* "Internet radio" (now podcast) and began carving his niche in music.

### ► GIVE YOUR CAREER AN HONEST EVALUATION

"We think that since we've done something for 15 years, we have to keep doing it," Sweeney says. "That's a mistake." So find a way to merge your current skill set with a pursuit you truly love. Bob was 47 when he started *All Songs Considered*. "Just remember, it's never too late to pursue what you love," says Boilen.

## The Vice Is Right

Hey, a little bad behavior is good for you. We asked 2,800 guys about their drinking, cussing, betting, and speeding. How do you stack up? **BY MOIRA LAWLER**



EXXON



# 79

PERCENT OF MEN SAY HEARING OTHER PEOPLE CURSE DOESN'T BOTHER THEM. THE OTHER 21 PERCENT DISAGREE: "FOUL LANGUAGE IS FILTHY AS ALL HECK!" THEY SAY.



**47** PERCENT OF MEN HAVE TRIED THEIR LUCK IN A LAS VEGAS CASINO.



**13** PERCENT OF GUYS BELIEVE THEY'RE LUCKIER THAN THE AVERAGE PERSON.



**16** PERCENT ADMIT TO LOSING \$500 OR MORE AT A CASINO.

## BLACKJACK

FAVORITE CASINO GAME FOR 2 IN 5 MEN



## BEER

INTOXICANT OF CHOICE FOR TWO-THIRDS OF MHREADERS

### IS THIS A CURSE WORD?

<b>CRAP</b>	<b>8%</b> YES	<b>DICK</b>	<b>42%</b> YES	<b>SHIT</b>	<b>81%</b> YES
<b>ASS</b>	<b>38%</b> YES	<b>PUSSY</b>	<b>52%</b> YES	<b>FUCK</b>	<b>95%</b> YES

# 30

PERCENT OF GUYS DRIVE FAST SIMPLY BECAUSE THEY ENJOY THE THRILL.





Your degenerate habits (in moderation) can fuel a lifetime of happiness.

## THE SENSIBLE SIDE OF SINNING

HERE'S WHY IT'S GOOD TO ACT OUT—AND HOW YOU CAN DO IT BETTER.

### GAMBLING

A good poker face could make you rich. According to the U.S. Army Research Institute, business owners who remain calm under pressure are more likely to be successful.

► **SPLIT 'EM** When the dealer hands you a pair of aces or 8s, ask for a split. Your odds of winning both hands rise considerably, says Michael Shackleford, A.S.A., a casino math whiz at the University of Nevada and founder of the website Wizard of Odds.

### SWEARING

Saying "That's a good fuckin' beer!" to your knucklehead friends builds a sense of solidarity, says Michael Adams, Ph.D., a linguist at Indiana University. "Cursing is one way a group establishes an identity," he says.

► **SWEAR OFF PAIN** Men can tolerate pain longer when they're allowed to swear, a U.K. experiment found. But the pain-quelling effect is weaker if you swear frequently, so save the f-bomb for when you really need it.

### SPEEDING

Nearly a third of speeders do it fast for a simple reason: It's fun. Fortunately, 94 percent say they don't go more than 10 mph over the limit—and that's the best way to avoid a ticket, says John Bowman, vice president of the National Motorists Association.

► **GET AWAY WITH IT** If you're pulled over, apologize. University of Waterloo researchers found that drivers showing remorse were more likely to receive a warning or reduced fine.

### DRINKING

Booze fosters friendship: Strangers smile more, chat more, and report stronger bonding when they're sharing drinks, reports a *Psychological Science* study. Who knew?

► **SAVE THE LAST GULP** To stick to your drink limit, order a soda with lime before you finish your beer, says Tommy Lansaw, beverage director at Chicago's Wood restaurant. With brew still in your glass, nobody will try to foist another round on you.

**91** PERCENT OF GUYS SAY THEY DRIVE BETTER THAN THE AVERAGE PERSON.

**56** PERCENT SAY THEY USUALLY DRIVE FASTER THAN THE AVERAGE PERSON.

**16** PERCENT HAVE RECEIVED A SPEEDING TICKET SOMETIME IN THE PAST YEAR.

**17**

IS THE AVERAGE GUY'S AGE THE FIRST TIME HE GETS DRUNK. ONLY 9 PERCENT OF MEN WAIT UNTIL THEY'RE AT LEAST 21.

**10 PERCENT OF MEN HAVE BEEN ARRESTED FOR PUBLIC DRUNKENNESS.**



### NUMBER OF MEN WHO SWEAR IN FRONT OF THEIR...

COLLEAGUES	69%	IN-LAWS	40%
PARENTS	51%	OWN CHILDREN	19%
BOSS	45%		



When you're done watching, run the fan for about five minutes to let the unit cool.

## ► SCREEN, THE CANDIDATES

Good image quality relies as much on the viewing surface as on the projector, says Rob Sabin, editor-in-chief of *Sound & Vision* magazine. For \$200, you can get a 100-inch matte white screen ([silverticketproducts.com](http://silverticketproducts.com)). Or consider Screen Goo, which you paint on the wall; \$129 will buy you enough to cover a 5-by-9-foot area ([goosystemsglobal.com](http://goosystemsglobal.com)).



## Light 'Em Up!

Today's projectors are smart, compact, and more versatile than ever.

**A MAN HAS A RIGHT TO WATCH SUPERSIZED J.J. ABRAMS** explosions and Russell Wilson spirals anywhere he likes. But as much as you'd love to see 90-inch LCDs on every wall in your house, we figure that's not an option. So consider this: A new crop of projectors can bring big-screen viewing to your bedroom, the poker room, even the back wall of your garage, with less effort than you used to spend programming your TiVo. We tested the latest to find out which ones pack the best visual punch for the price. —CLINT CARTER

### 1/ BenQ HT1085ST

#### BEST FOR: SMALL ROOMS

To create a big image in a small space, you need a "short throw" lens. This BenQ has it: From a distance of about 7 feet, it delivers a 120-inch, 1080p high-definition image that's bright enough to watch with the living room lights on. If you're a discerning viewer but don't have a dedicated screening room, just set this on your coffee table and fire it up. \$999, [shop.benq.us](http://shop.benq.us)

### 2/ LG Smart MiniBeam PW800

#### BEST FOR: TRAVEL

It's no bigger than your dopp kit, and at 1.3 pounds it may weigh less too. But the mighty MiniBeam beams out a 100-inch high-definition image. It also has a tuner for local stations and, like the other units shown here, is 3D compatible. Take it on your next road trip and use it to blow up the best GoPro videos from your day. Or just watch giant porn a documentary. \$600, [lg.com](http://lg.com)

### 3/ Epson 3600e

#### BEST FOR: HOME THEATER

Save the 10 grand that a 4K projector costs and consider Epson's still-totally-gorgeous 1080p resolution. The sharp, dramatic image is partly the result of a dynamic iris that maximizes contrast within each scene. Translation: Your viewing experience will rock. Plus, the built-in wireless HD transmitter means no cables tether the 3600e to your video source. \$1,799, [epson.com](http://epson.com)



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# GET

+ TRANSFORMATION TRAINING CAMP

J.J. WATT AND THIS ALL-PRO LINEUP ARE STUDS ON THE FIELD BECAUSE THEY WORK SO HARD OFF IT.

TAP INTO THEIR TRAINING TIPS FOR YOUR BODY, MIND, AND SPIRIT.

Men's Health / P.107

# LISTEN!



## STRENGTH

### ► J.J. Watt

Learn how this titanic defensive end for the Houston Texans lifted, pushed, battled, and studied his way to the top of the pile in the NFL.

P.108



## STAMINA

### ► DeMarco Murray

The elite running back gets knocked sideways but still charges forward. Again and again. Steal this Eagle's endurance secrets.

P.116

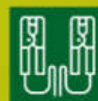


## SPEED

### ► Julian Edelman

Want to win sudden stardom like this speedy New England Patriots receiver did? Easy: Just work for years and try to improve every day.

P.118



## POWER

### ► Byron Jones

A Dallas Cowboys cornerback shows the best way to develop game-changing explosiveness. Step 1: Strengthen your legs.

P.120



## LIFE

### ► Chuck Pagano

Here's a playbook for success in any field from a roster of NFL standouts—plus a pep talk from the Colts coach, just for you.

P.123

# TOTAL BODY

**BYRON JONES**

"I need to be one step faster than my rival."



**J.J. WATT**

"My life has been a series of small goals."





# EDY BLITZ

THESE GUYS PROVED THEMSELVES ON THE FIELD. THEIR TIPS WILL RAISE YOUR GAME.

Edited by Ben Court / Photographs by Peter Yang / P.109

DEMARCO  
MURRAY

—  
“You earn  
respect by  
being  
physical.”



JULIAN  
EDELMAN

—  
“I try to  
improve  
every play.”







J.J. WATT

# UNLEASH YOUR BEAST

HE'S BIG, STRONG, FAST, AND SKILLED. BUT THAT'S NOT WHAT MADE HIM KING OF THE NFL.

By Lou Schuler

**TEAM**  
Houston  
Texans

**POSITION**  
Defensive  
end

**SIZE**  
6'5"  
290 lb

**AGE**  
26

**"EVERYBODY WANTS TO BE A BEAST UNTIL THEY SEE WHAT BEASTS DO! THAT'S** why I'm on top of the mountain!" It's near the end of his 90-minute workout on a Wednesday morning in early July, and J.J. Watt is crushing the most football-specific drill he's performed so far.

It starts with Watt in a two-point stance on the artificial turf field at NX Level, a gym in Waukesha, Wisconsin, where he's been training since his sophomore year in high school. Actually, the drill starts with Watt selecting a specific song—"Make the Money," by Macklemore and Ryan Lewis—from his playlist. Watt likes it for these two lines: "Make the money, don't let the money make you. Change the game, don't let the game change you."

It's Watt's approach to football and life.

"I'm constantly trying to change the game," he says. "And I'm constantly trying to not let anything change who I am."

Then he returns to the turf, where Brad Arnett, his trainer and the owner of NX Level, gives him a signal that launches Watt's 6'5", 290-pound body in one direction. Watt rapidly changes course multiple times. His 21-inch biceps flash, and his size 16 feet accelerate into a blur. He finishes with a 10-yard sprint. All this happens in less than 10 seconds—roughly the length of an

NFL pass play. He takes 15 seconds to reset and then repeats the drill 10 times, with Arnett continually changing the directional cues, until they've simulated a long drive in the fourth quarter.

Watt seems to defy at least one law of physics with each repetition; "290 pounds, 180 pounds, doesn't matter!" Watt bellows after another rep. "You've never seen someone move that fast!"

Certainly no one in the gym—none of the athletes, strength coaches, or visitors—would argue.

The millions of fans who've watched the two-time defensive player of the year terrorize NFL offenses are pretty sure they've never seen anyone like Watt. Nor have his peers. This year they voted him the number one player in a brutally physical sports league.

But if you've paid attention only to this incarnation of Watt, the Houston Texans superstar with the contract that could hit \$100 million, you can be forgiven for assuming his greatness was always apparent and that the people who were supposed to know talent when they saw it correctly predicted what was coming. It wasn't, and they didn't.

J.J. Watt is an athlete who created himself from the ground up.

"Every time I achieve a goal, I set a new one," says Watt. "I just create another one and another one."

## THE WARMUP

1

When Watt starts his workout at 9 a.m., he is on the floor, shoeless.

The eyes may be the windows to the soul, but your soles are the windows to everything else. They are where all movement begins and where any restrictions will impede efficiency. Watt takes a soft ball (not a softball) and rolls it around with the bottom of his foot. He moves his knee forward and back to gently stretch his calf muscles, 30 seconds per foot. Then it's on to the foam roller. He spends as much time working out kinks in his back, hips, and legs as a lot of guys spend on their entire warmup.

Watt segues to hops, shuffles, and drills with a speed ladder, followed by skips, backward runs, and mobility exercises up and down the turf field. Then he's back to the floor with more exercises to activate or loosen muscles from his huge feet to his almost impossibly broad shoulders. This goes on for a half hour, during which he and his trainer barely interact. There's no reason to; Watt has done these exercises thousands of times. "I've been with J.J. since he was 15," Arnett says. "A lot of what we do now has never changed."

What has changed is Watt himself. His first love was hockey, and he was good at it. He played with and against elite athletes, some of whom went on to the NHL. But when he was 13, his parents broke the news to J.J. and his two younger brothers that the family could no longer afford it. "I cried my eyes out the day I was told that hockey was done," he says. "To this day, putting a puck in the back of a net is just as good as a sack or a touchdown."

But his parents weren't finished investing in his athletic career, which is how he ended up at NX Level two years later, when he was a backup quarterback on his school's varsity squad. Arnett says the kid struggled to hold a plank for 15 seconds. "J.J. had a big frame," he recalls, "but he didn't have a lot hanging off that frame."

If anyone who knew him then thought he would someday be one of the world's greatest athletes, he kept that opinion to himself. Even Watt kept his ambitions modest. "My whole life has been a series of small goals to accomplish even bigger ones," he says. "Everybody sees the big checkpoints. But my life has been a series of small checkpoints. I wanted to be a starter on varsity.

# STRENGTH

### 3 KEYS TO MONSTER STRENGTH

Lifting well starts with moving well. “An athlete who’s tight is fighting himself,” says trainer Brad Arnett. “The simplest movements take twice the effort.” That’s why all workouts at his gym, NX Level, start with mobility and muscle-activation exercises, such as these moves from J.J. Watt’s workout.

#### ► BAND SQUAT



#### Improve Your Muscle Activation for Squats

The gluteus medius is linked to the vastus medialis oblique in your knee, providing stability. If that butt muscle doesn’t fire properly, your knees wobble, your hips and shoulders roll forward, and “your body collapses like an accordion” when you do a heavy squat, says Arnett. Do squats with a miniband below your knees. Descend, pause, rise. That’s 1 rep. Do 15.

#### ► PIGEON



#### Upgrade Your Range of Motion for Squats

Arnett’s version of the pigeon pose from yoga boosts mobility. Sit with one leg in front of you and one leg behind you, with the outside edges of your front knee and foot and the inside edges of your rear knee and foot touching the floor. Lean forward until you feel a mild stretch in your front hip. Hold for 30 seconds, switch sides, and repeat. That’s 1 rep. Do 15.

#### ► COBRA



#### Mobilize Your Spine for Better Performance on Presses

This is a yoga move called the cobra pose. Lie facedown on the floor with your hands next to your shoulders and your toes pointed back. Push yourself up by straightening your arms, but keep your legs and pelvis flat on the floor. Pull your shoulder blades down as you push your chest out. Hold 5 seconds, lower yourself, and repeat 2 or 3 times. —L.S.

► **WATT UP!** Watch J.J. Watt’s full workout at [MensHealth.com/jjwatt](http://MensHealth.com/jjwatt).

And then I wanted to be all-conference. And then I wanted to be all-state. It was never, when I was 15, ‘Okay, I want to play in the NFL and be the best.’ So I was defensive player of the year once. I wanted it again. I got it.” Next up: Most Valuable Player in the NFL.

Watt finished high school as a 6’4”, 230-pound all-state defensive end and tight end. He was a state champion in the shot put as well. But evaluators weren’t impressed, calling him just a two-star recruit. He accepted a scholarship to play tight end at Central Michigan, where he appeared in all 14 games his freshman year but caught just eight passes for 77 yards. So he returned home to Waukesha in spring 2008 with the goal of walking on at the University of Wisconsin as a defensive end. Although he’d just given up a scholarship and was now delivering pizzas for a living, he knew he’d made the right choice.

“I told my parents I’d get a scholarship after one year, and I did,” he says. “When you hold the ability to change everything, there’s nothing to worry about.”

He and Arnett also knew something that his doubters didn’t: Watt was still growing. Those size 16 feet could handle a lot more weight. “My dad’s a big guy. My uncle’s a big guy—he’s a powerlifter,” Watt says. “I had the frame to hold it. It was just a matter of doing it.”

That meant fanatical training—“I went to NX Level every day and worked my ass off”—and equally fanatical food consumption. It worked. Watt arrived at Wisconsin that summer at 265 pounds, and as a member of the scout team he made the team’s starters miserable. “They hated me,” he remembers. He doesn’t say whether the feeling was mutual. He just notes that he reached his goal: “I was the only walk-on to get a scholarship without ever playing a game.”

The next two seasons couldn’t have gone much better for Watt. He was second-team all-American in 2010. He nailed the 2011 NFL Combine, scoring top marks in tests of power, strength, and agility. That monster performance, coupled with his reputation as a hard worker and relentless competitor, got him drafted 11th overall by the Houston Texans. And that’s when something really interesting happened.

2

### THE GRIND

Watt is 30 minutes into his workout when he puts shoes on for the first time. Using a mix of bands, cables, and free weights, he runs through a series of exercises for his shoulders, core, and hips. Some are familiar, like overhead squats with a 45-pound barbell. Others are variations on familiar moves, like swings with a band attached to a 100-pound kettlebell to provide a different type of resistance; the band accelerates the load on the backswing, forcing his muscles to work harder to stop its momentum. A few I’ve never seen before in more than 20 years of writing about fitness.

These exercises, Watt believes, are the key to his program’s success. “It’s not the major lifts,” he says. “Everybody squats and bench-presses. It’s the tiny little things. It’s working on the little muscles. It’s working on deceleration. It’s working on all these things that you would never think about on your own.”

That all-muscles-great-and-small philosophy helps explain one of the most startling yet rarely mentioned feats of Watt’s career: He hasn’t missed a single game in college or the pros. When I ask, he struggles to remember the last time he failed to suit up. He’s pretty sure it was freshman year—of high school. He broke his wrist the day before he would’ve started his first game as quarterback.

He also plays more than any of his peers. In 2014, for example, he was on the field for 1,133 snaps, the most of any defensive lineman. That included 74 on special teams and nine on offense, where he lined up as a tight end and caught three touch-





## RAPID FIRE

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**Heroes**

"My parents."

---

**Workout Track**

"'Lose Yourself,' by Eminem."

---

**Motto**

"Dream big. Work hard."

---

**Karaoke Song**

"'Friends in Low Places,' by Garth Brooks."

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**Giving Back**

"Athletes have the power to make somebody's day." Watt launched the Justin J. Watt Foundation ([jjwfoundation.org](http://jjwfoundation.org)) in 2010. The focus is on after-school athletics for middle-school kids, and so far it has raised more than \$3 million.



down passes (including a diving, over-the-shoulder grab against the Browns). Combined with two TDs on defense—one on an interception that he ran 80 yards into the end zone, and the other on a fumble recovery—and a sack that resulted in a safety, Watt scored an astounding 32 points. He's the first player since 1956 with multiple TDs on offense and defense in the same season.

Those point-scoring *SportsCenter* moments are in addition to his now-expected All-Pro play on the defensive side of the line, which is what he was hired to do. It's difficult to quantify his disruptive presence, but the NFL stat guys try. Watt recorded 20.5 sacks, which is just two fewer than the NFL record, in 2012 and again last season, and he's forced four fumbles in each of the past three seasons.

But here's that interesting thing: On April 28, 2011, when he was announced as the Texans' first-round pick, fans across the country booed. Comments on social media were brutal, and in one article at CultureMap Houston, the author said that "the Texans played it safe and went with the pizza boy."

Watt, a proud Midwesterner whose two brothers, Derek and T.J., play for the University of Wisconsin, has a good answer to my obvious question about those draft-day reactions. "I know what it's like to be a fan," he says. "You don't know anything about some big white guy from Wisconsin. You never heard of him before because you never watched the Big 10. Go ahead and boo." But that doesn't mean he won't use the jeers to fuel his motivation.

What came next is what mattered, both to the fans and to Watt.

## THE EXPLOSION

3

At 9:50, Watt changes into his football cleats. The next few drills are all focused on rapid starts, stops, and changes of direction. When he stops, his goal is to end up in a strong position, with his hips back and his heels on the turf.

He yells at himself when he finishes a rep on his toes, his weight tipping forward. If that happened in a game, it would leave Watt vulnerable to an otherwise overmatched opponent. That drill leads to the main event, when he zips through multiple changes of direction in under 10 seconds, all at game speed.

This final exercise derives from the way Watt does his job. "It's more of a chess match than people realize. Before the play, I have an idea of my plan; but once the ball's snapped, it can all go to hell real quick," he explains. "You go on autopilot. Your mind is, like, gone. Everything is instinct."

Sometimes, he admits, those instincts are wrong. That's where the change-of-direction drill comes in handy: "There'll be times, based off the film or formation or the way a guy's leaning, when I'm like,

'I know where they're going.' So I'll take a step one way, and I'm completely wrong. There'll be a massive gap. But because of what you saw today—how I can plant off one foot and go—as soon as I realize I'm wrong, I'm back in the gap, and the gap's closed."

That combination of calculated risk-taking and quick recovery from mistakes has turned those draft-night boos into a passionate base of support. "They gave me a chance to earn their respect, and now I have the best fans in the whole world," Watt says. "They support me; they support my charity [jjwfoundation.org]. They're unbelievable."

So is Watt himself, in many ways. Although his weight hasn't changed since his final year at Wisconsin, he's leaner than he's ever been at 290 pounds, and stronger than he's been at any weight. This summer he finished the peak phase of his strength-training program with 600-pound squats, 600-pound deadlifts, and 455-pound bench presses—all for multiple reps.

But here's a more tangible sign of his uberbeastliness: In the spring of 2014, a trainer at NX Level challenged Watt to the ultimate strongman throwdown. The biggest tire in the gym is said to weigh 1,000 pounds. The trainer bragged that he'd flipped a similar tire 10 times in a recent competition, whereas Watt's personal best was just nine. Even though Watt was at the end of his workout and dripping with sweat, he started flipping the tire. He didn't stop until he'd done it 30 times.

It would be a great story if it ended there. But it doesn't. Watt flipped it 51 times last February. And on July 3, he got 65 flips and says he would've done 100 if Arnett hadn't stopped him.

## THE RECOVERY

4

Watt finishes his workout with his shoes off again for some easy, loping runs. Then it's back to his foam roller.

(It's a battery-powered Hyperice Vyper, which at \$200 is the Bentley of self-myofascial release.) "It's boring," he says of his recovery routine, "which is why so many people don't want to do it."

We have lunch at The Crossings, a block from NX Level. He orders the same thing every day: two chicken breasts, three eggs, broccoli, mashed potatoes, and a little gravy. This is the first of two lunches. It was preceded by breakfast and pre- and postworkout supplements, including creatine, beta-alanine, and branched-chain amino acids. It'll be followed by his second lunch and two din-

# WATT'S ANATOMY

Here's how a two-star recruit coming out of high school was able to become the most dominant force in the NFL.

"IT'S MORE OF A CHESS MATCH THAN PEOPLE REALIZE. BUT ONCE THE BALL'S SNAPPED, IT CAN GO TO HELL REAL QUICK. THEN IT'S INSTINCT."

ners, plus snacks. "It's a grind," he admits. "But it's still, like, every day—'Okay, you have to eat it all.'"

His lifestyle is almost militantly modest. The GMC Denali he drives was his reward for being named defensive MVP of the 2015 Pro Bowl. He uses a private jet, but here's why: "I can train twice a day and show up 15 minutes before takeoff."

Right after he signed his \$100 million contract, he and a buddy googled "What do rich people buy?" "We were literally trying to find something to buy," he says. They failed. "One thing I've worked extremely hard on, this year specifically, is trying to enjoy life more," he says. "In the past I unnecessarily blocked myself out of a lot of things. I just focused completely on training."

The main thing he's blocked, by his own admission, is a steady relationship. "I really want somebody to share all this with," he says. "It's just very difficult. I want to be the best at everything, no matter what I do. I want to be the best football player. If I'm a husband, I want to be the best husband. If I'm a father, I want to be the best father."

Watt can be one of those, or perhaps two of them, but not all three. And since being the best football player is still at the top of his list, the other items may have to wait. But that doesn't mean his quest to have a little more fun isn't paying dividends. "It's actually making me a better athlete," he says. "When I find that time to unwind, it makes me that much better when I come into training."

As a fan, you can't help but root for a guy who has to work that hard to work less, with the benefit that he's then able to work even harder. But it should terrify anyone who has to face him on the field this fall. ■





### Mass

At 290 pounds, J.J. Watt is a throwback monster-size defensive end. But he still usually gives up about 25 pounds to the behemoths he lines up against. That means he relies on a combination of his speed (4.78 seconds in the 40), strength (he's benched 3 sets of 2 reps at 455 pounds), and agility.



### Drive

Watt watches film, pin-points his rival's weakness, and attacks it on his first play. This helps explain his dominance. A stat called "defeats," by footballoutsiders.com, tallies plays that produce a turnover, loss of yardage, or failure to convert on third or fourth down. His 56 defeats in 2012 are the most since at least 1996.



### Reach

With his 34-inch-long arms and hands that measure 11½ inches from pinkie to thumb—the nickname J.J. Swatt is well earned—he's deflected 37 passes in his first four years in the league, by far the most for his position. Rival teams mimic Watt's reach by having linemen wave tennis rackets to block passes.



### Stamina

In 2014 Watt was on the field for 93 percent of the Texans' defensive snaps. Those 1,050 plays were the most of any defensive lineman in the NFL. Along with game-simulation drills—which mimic bull rushes, spin moves, and long chases—Watt does swimming and running intervals at varying intensities.



### Explosiveness

Watt has the lower legs of a sprinter, with relatively small calves connected by long tendons to his feet. That's ideal for exploding up, which is how he reached a 37-inch vertical jump at the 2011 NFL Combine (top among defensive ends) and stuck an impressive 61-inch box jump in April. —L.S.







STAY  
IN



## OUTLAST ANY RIVAL

HE USED CLASSIC EXERCISES—AND FOCUS—TO BE THE NFL'S BEST RUSHER. LET HIM EXTEND YOUR ENDURANCE.

**TEAM**  
Philadelphia  
Eagles

**POSITION**  
Running back

**SIZE**  
6'0"  
220 lb

**AGE**  
27

"I was always undersized; it could get a little rough in the backyard," he says. "You learn to impose your will." If he cried, his brothers told him to shut up. He was a three-sport star in high school—football, track, hoops—and a record setter at the University of Oklahoma. But it was in Vegas that he set foot in another crucible of furious fists and muted whimpers, a gym where UFC legends like Forrest Griffin and Frank Mir train. "There's nothing as intense as hitting and being hit," says his trainer Jimmy Gifford. Here's how Murray gets into fighting shape.

► **Find What Works** Murray keeps his training simple. "The classic stuff works for me: bench, deadlift, squats," he says. "Heavy sets to build muscle early in the off-season." Closer to kickoff, he emphasizes Olympic lifts. For speed stamina, he'll do 8 rounds of this push: Four 30-yard Prowler sled walks, using a weight that makes finishing the set a challenge (1 minute of rest between rounds); four sled sprints with 30 percent less weight.

► **Win Your Matchup** Every NFL play is hand-to-hand combat, so MMA training helps Murray's game. Hitting a double-end bag (the one attached to the ceiling and floor by a stretchy cord) helps him lock in on passes; grappling improves blocking; sparring builds total-body fitness. The hardest drill is the "blue shield": Gifford, in padding, calls out knees, kicks, jabs, and punches. The pace is fierce—250 strikes per 3-minute round for 5 rounds.

► **Analyze and Improve** Murray is known for finding creases in zone defenses. But it's not just instinct: He studies film and has filled notebooks detailing every play from every game. "My job is to hit the right hole fast and cut hard off either foot," he says. To prep, he does 15 minutes of ladder drills every workout. Start with 10 rounds, alternating between half steps (both feet touch in each square) and the Ickey shuffle (start on the left side; step laterally into the first square with your right foot, then your left; step outside the square with your right foot, advance your left to the next square, and continue up). Don't expect to be twirling between 300-pound beasts? This kind of training will also help you excel on courts, trails, and dance floors. —B.C.

**IN FOOTBALL, ONE THING IS CERTAIN: YOU WILL GET hit.** High or low, head-on or blindsided. For running backs, it's what you do *after* the hit that decides games, championships, and contracts.

Few can bang like DeMarco Murray, who just signed a \$42 million, five-year deal with the Eagles. Last year, for the Cowboys, he carried the ball 392 times for 1,845 yards. And nearly 1,000 of those yards came after contact. "You can't outrun everyone or make every guy miss. Sometimes you have to run over a man," he says. "You earn respect by being physical, especially early in the game."

Example: In week 16 of last season, with a play-off spot up for grabs, Murray played despite having had surgery less than a week prior to repair his broken left hand (his noncarrying hand). On his first play, he gained 2 yards, carrying the ball in that hand. "I was ready to fight for every yard," he says.

That toughness was forged in childhood, hardened in the gym, and refined in the mixed-martial-arts ring. Murray grew up in Las Vegas; he was the youngest of four brothers who were all into sports.



### Your Fuel/ Make Easy Muscle Meals

Murray is not a nutrition freak. "I avoid fast food and soda, and I drink lots of water," he says. His strategy is finding healthy foods he likes and eating them often: an omelet made with turkey sausage and vegetables like spinach for breakfast, grilled chicken with salad for lunch, steak or salmon with pasta primavera for dinner. A simple diet based on fundamentals is smart, says *MH* nutrition advisor Mike Rousell, Ph.D. "It means you're not wasting energy worrying about what to eat."



### Your Challenge/ The Jump Rope Stamina Test

Jumping rope teaches you to stay on the balls of your feet, stabilizes your ankles, hones posture, and builds endurance, says Gifford. Murray could barely jump rope when he first entered the MMA gym owned by the Fertitta brothers, cofounders of the UFC. Now part of his warmup is a continuous 15-minute session. He'll start with 5 minutes on both feet, then do variations for a minute each—single-leg jumps, Ali shuffles (one foot forward and one back, switching with each revolution), and double-unders. Start with four 30-second intervals with 30 seconds of rest. Jump as fast as you can. Progress to longer intervals and add variety.

### GOAL

10 MINUTES

## WIN THE MOMENT

HE'S NOT THE FASTEST OR TALLEST, BUT HE CAN TEACH YOU TO RISE HIGHER.

**TEAM**  
New England Patriots

**POSITION**  
Wide receiver

**SIZE**  
5'9"  
197 lb

**AGE**  
29

**YOU REMEMBER "MINITRON" FOR SPINNING INTO THE END ZONE WITH THE** game-winning pass in last year's Super Bowl, but in the 2009 draft Julian Edelman was selected 232nd. It wasn't the first time he came up short. Edelman was a quarterback in high school (in San Mateo, California) and at Kent State, but at 5'9", that wasn't his pro future. He spent four years as a special teamer and fill-in, even on defense. "You develop value by making yourself versatile," he says. "I showed I could learn new positions. I focused on my role in practice, on improving on specific plays." He was a quick mover, though—and a quick learner. "You work with guys like Wes Welker and you learn the craft of running routes," says Edelman, who hauled in 97 passes for 972 yards last season. On any play, a receiver may have two to five options, depending on the defense and his QB's signals. But first he needs a body that can react instantly.

► **Stoke Your Speed** To become faster, stronger, and lighter, Edelman focused on explosive lifting (squats and deadlifts) and movement exercises (ladders, hurdles, and hopping) with Chang Lee, C.S.C.S., a trainer with Exos in L.A. Do these drills 2 to 4 days a week: (1) Fast feet: Take 2-inch steps as fast as you can in a figure-8 pattern for 10 seconds. Repeat twice. (2) Single-leg hops: Hop forward 5 times on the same leg, sticking the landing. Switch legs. Do both sides 3 times. (3) High-knees 2-in 2-out: Using a ladder, lead with your left foot and touch inside each square with each foot, then outside (so you're straddling the square). Do 5 reps linearly and 5 laterally.

► **Strengthen Your Grip** Edelman uses a bucketful of dry rice: (1) Squeeze a handful of rice in each hand for 5 seconds; (2) Rotate your hands, palms open; (3) Dig to the bottom; (4) Squeeze the rice between your fingers; (5) Circle your thumbs. Do each drill for 30 seconds. He also does farmer's walks with heavy dumbbells (each half his body weight): Walk 20 yards, do 8 squats, walk back, and do 8 more squats.

► **Mind-Meld with Your Leader** Tom Brady and Edelman practice together in the off-season up to 3 times a week. Typically they do 7 to 10 plays the length of the field, rest 2 minutes, and do it again. A session might last 70 plays. "It's tough because I have to run the route right, and T.B. is making adjustments, calling out defensive changes that might mean taking a 5-yard cut pattern to 10 yards." Focus is key: "When I was younger, I'd try to work so hard, T.B. would tell me, 'Hey, Jules, it's not always about working harder; it's about working smarter. Go out with a purpose on what you need to do to get better.'" —B.C.



### Your Fuel/ Sip the Ultimate Recovery Shake

Edelman pounds a postworkout shake created for him by Exos performance dietitian Denise Barry-Alvey, R.D., C.S.S.D. The recipe: 1¾ scoops vanilla protein powder, 1 teaspoon of the amino

acid leucine, 1 cup each of frozen strawberries and frozen blueberries. Add water and ice as needed. Edelman also takes a 1,000 mg fish oil supplement to help reduce muscle inflammation.



### Your Challenge/ The Hill Interval Speed Scorchers

In the off-season, Edelman lives in San Mateo, California, and runs intervals on "The Hill," an Edgewood Park landmark made famous by 49ers wide receiver Jerry Rice. "It's about 80 yards with

a 45-degree incline." After a warmup, Edelman does 10 sprints. "I run up as fast as I can, driving my knees and taking small steps. Then I walk back down and repeat. By the end, my legs are wob-

bling and I'm close to puking." If there's no hill around, find some steps or set a treadmill at its steepest incline. Aim to sprint for 7 to 10 seconds and then recover for about 20 seconds, says Lee.

GOAL

10 REPS







**POW**



## FIND YOUR UPSIDE

JUMP INTO THE STRATOSPHERE WITH THESE TIPS FROM THE COWBOYS' HIGH-FLYING ROOKIE DEFENSIVE BACK.

**TEAM**  
Dallas  
Cowboys

**POSITION**  
Cornerback

**SIZE**  
6'1"  
200 lb

**AGE**  
22

**WHEN PUSH COMES TO SHOVE—MEANING EVERY** play in the NFL—power makes the difference. That's how Byron Jones set himself apart at the 2015 NFL Combine. In the standing broad jump—a pure expression of power—the UConn cornerback flew 8 inches farther than anyone in Combine history (12 feet, 3 inches) and flew up the draft board. His 4.4 seconds in the 40-yard dash and 44.5-inch vertical jump didn't hurt. Dallas nabbed him in the first round.

"Knowing I set the record gives me confidence," Jones says, "especially because as a cornerback you're sometimes an island, so you have to make plays." Like jumping for an interception or sticking a hit. To prep for the Combine, Jones spent four months training at Exos in Gulf Breeze, Florida. "Jumping is physics, moving mass," says Exos trainer Stefan Underwood, C.S.C.S. "You want Newton on your side, which means you seek to increase force and, if need be, decrease weight." These small steps helped Jones make his giant leap.

► **Build a Balanced Foundation** Weakness—like, say, a cornerback who's a tick slow going left versus right—is ruthlessly exploited in the NFL. That's why Underwood emphasizes single-leg exercises, like lunge variations, in different planes of motion as well as lots of heavy sled pushes and pulls. "The big hitter is the rear-foot-elevated split squat," he says. "It's an underemphasized move for most guys and causes a new stimulus." Jones usually did 3 sets of 5 reps with heavy dumbbells held at his side, but

Underwood recommends starting with just your body weight. Stand in a split stance with the top of your back foot on a bench or box. Lower your hips without letting your back knee touch the floor or your front knee extend beyond your toes. Do 3 sets of 10 reps per side. Progress to a single dumbbell, held at your side or in front of your chest with two hands as if you're cupping a goblet; then do the move with two dumbbells at your sides.

► **Power Up Your Thrusters** Trainers call it post-activation potentiation. You can call it your turbo. Jones performs a strength move with resistance followed by a plyometric move without resistance. At Exos, he uses a pulley system called Vertimax that allows him to jump vertically or horizontally with varying levels of resistance. At your gym, try these pairs: (1) Hold two light dumbbells at your sides and do a vertical jump. Lose the weight; do a broad jump. Do 3 sets. (2) Using a Prowler or push sled, do a heavy 15-yard push, walk back, and sprint 10 yards. Recover fully and repeat 4 more times. (3) Do a trap bar deadlift using a heavy weight. Set the trap bar down; do a vertical jump. Repeat 5 times.

► **Don't Skip Muscle Foreplay** Underwood swears by soft-tissue, mobility, and stability exercises. "To see gains, you absolutely need to take time to prepare your muscles to perform," he says. Jones's routine, which includes foam-rolling, range-of-motion moves, and yoga-type static holds with light resistance, lasts 15 minutes. "The warmup is not optional—it's critical," says Underwood. —B.C.



### Your Fuel/ Rev Up the Vegetables

To maintain 4 percent body fat, Jones eats three servings of vegetables at every meal and emphasizes protein and healthy fats, like avocados and nuts. Vegetables are low in calories and have a lot of nutrients (including fiber) and plenty of hydrating water, says Bob Calvin, R.D., C.S.S.D., a dietitian with Exos. To avoid taste-bud fatigue and widen the nutrient net, Jones eats a variety of vegetables—raw, sautéed, steamed, grilled, and roasted—often spritzed with lemon and olive oil.



### Your Challenge/ The Total-Body Power Blaster

**A/Broad jump** Stand with your toes on a line and your feet shoulder-width apart. Dip your knees, swing your arms, jump as far as you can, and stick the landing. Have a buddy measure the distance from the starting line to the back of your heels. Six feet is average; 8 feet is excellent. Jones regularly hits 11 feet, 7 inches.

**B/Everest** Cornerbacks need to continually recharge to max power between plays. To hone his conditioning, Jones does this 10-round Versaclimber drill. Go all-out for 8 seconds on the Versaclimber, and rest 52 seconds. He consistently climbs for 50 to 55 feet every 8 seconds, and his high score is 550 feet.

### GOALS

A 8FT B 450FT



GO EASY ON ME GUYS! ALL  
THIS YELLING IS  
MAKING ME ANXIOUS.  
THERE'S GOTTA BE A WAY  
TO CHEER QUIETLY!

**YOU'RE NOT YOU WHEN YOU'RE HUNGRY.®**



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VINCE LOMBARDI SAID FOOTBALL REQUIRES HARD WORK AND DEDICATION. SO DOES EVERYTHING ELSE.

By Joe Kita  
Illustrations by  
Rafael Alvarez

## GRAB THE ADVANTAGE: HIT QUICKLY, HIT HARD

Jon Gruden on the merits of a fast start.

When ESPN color man Jon Gruden coached the Bucs and Raiders, he'd start with his "First 15"—the 15 scripted plays based on weaknesses spotted in film study. "Come out of the gate with your best stuff. Early success has a huge impact."

**PREPARE** "I love getting up at 4 a.m. and studying tape. I was—and still am—on a mission to learn everything I possibly could about football. Know the game you're playing."

**REVIEW** "I'd tell my guys, 'This is the best stuff we got. It looked great

all week; we know the matchups. Go to sleep, and then get excited about having your number called and executing.' That way everyone feels invested."

**SURPRISE** "In the First 15, I would always try to show a play that the defense hadn't seen and therefore couldn't prepare for. If we had a special play, like a reverse, I would show that early."

**TAKE A SHOT** "Let everyone know that some big gains are possible and that this is how we're going to do it. Think big."



## CREATE YOUR BRAND NFL PLAYERS MARKET THEMSELVES. YOU CAN TOO.

► Want to stand out in your field? Ahmad Nassar, president of NFL Players Inc., the licensing and marketing arm of the NFL Players Association, gives this advice to athletes.

**DON'T LIE** The website of Houston Texan Arian Foster proclaims him to be an "All-Pro running back, entrepreneur, philosopher, and father." That's exactly what Foster is, says Nassar: "He even tweets about yoga! A successful brand is genuine and authentic."

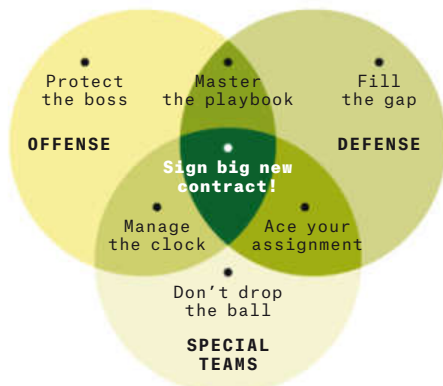
**BE SOCIAL** "The ability to publish a blog or a piece on Tumblr or Medium—to put your stamp of 'Hey, I'm an expert in this field'—has never been easier," says Nassar.

**THINK AHEAD** Impatience is not a virtue; use your time wisely. "The goal is not to land your dream job right out of college," he says, "but to work toward it while you're in your 30s, 40s, and 50s. That means doing things early to build the skills you'll need later."

**MAKE IT COUNT** "We tell players to make sure they're getting more out of the business of football than the business of football is getting out of them," Nassar says. "Everything you do is with an eye toward building your skills, your résumé, and your brand."

## BE THE OFFICE MVP

Lift your career with football strategy.



1



2



3



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### Jon Gruden's Guide to Life

**Learn from Your Nickname**  
“An assistant coach saw me going crazy and gave me the nickname Chucky.<sup>2</sup> So I got the picture. Sometimes you learn from these nicknames. You know what? Maybe I'd be better off cooling it.”

► MICHAEL IRVIN / ON RESISTING TEMPTATION

“DO NOT ALLOW SOMEONE TO GIVE YOU SOMETHING IN 15 SECONDS THAT COULD COST YOU 15 YEARS.”



## A PERSONAL PEP TALK

Indianapolis Colts coach and cancer survivor Chuck Pagano<sup>3</sup> motivates you for the second half of your life. Listen up—and win!

### MIND

Whatever the odds, you will get the job done. You can. You will. We must. By any means necessary. In any facet of your life, mindset is huge. What you're telling yourself is critical. No excuses. No complaining. It's your will, not your skill. You need grit. Perseverance. Resolve. Intestinal fortitude. Clench your teeth. Finish the job. Mental and physical toughness. Never quit! I will die before I give up.

### STRATEGY

One play at a time. Don't judge! Good play, move on; bad play, move on. Don't look at the scoreboard. Stick to the game plan. One meeting, one walk-through, one practice at a time. Cancer taught me to be thankful for today. I'll do my best, work hard, and take what life brings my way. We are not promised tomorrow, so do your best today. Work at your craft deliberately, then trust the process.

### TEAM

Serve! Do it for the man next to you. Know job, do job. Be a reason your team wins, not *the* reason. Be your brother's keeper. You can be counted on. The play does not care who makes it. Play hard, take no plays off, and be in position when the play shows up. Focus on execution. When things get out of whack, remember: No panic. Practice does not make perfect; practice makes permanent!

### BOUNCE BACK STRONG

Green Bay kicker Mason Crosby<sup>4</sup> went from Super Bowl to superbad, with a miserable 2012 season. Here's how he found his mojo again to set career records the next year.



#### ENLIST SUPPORT

Reaching the top has its downside, as Crosby found. “I was taking loved ones for granted and letting football be the driver in my life,” he says. “So I recommitted to those relationships because that's what's important and lasting.” Doing this put the sport in perspective, renewed his love for the game, and boosted his confidence. “These were the people who'd been through everything with me and still believed in me.”



#### FIND A NEW EDGE

Crosby shifted his training focus from extreme weight bearing to flexibility, balance, and stability. He cleaned up his diet and also recommitted to using visualization techniques. “At the start of each week, I'll visualize what I want the week to look like,” he says. “Then the night before a game, instead of simulating kicks,<sup>5</sup> I'll just try to see myself in those moments and feel comfortable in that space. It's a very calming thing.”



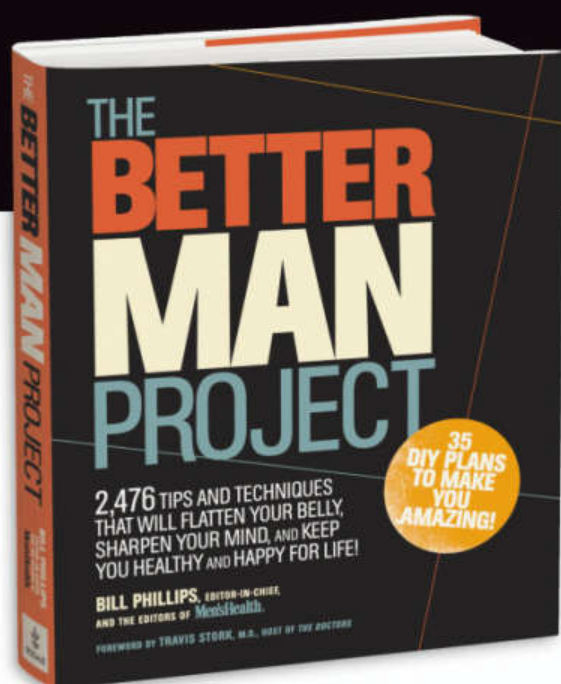
#### FOCUS ON PROCESS

“I was in a results-driven mindset; everything hinged on making or missing a kick. So I refocused on the routine—going to work, being with teammates, doing my best every day. What I went through is what we all go through as men—what life is, in a sense: a series of ups and downs. You've got to ride the waves and try to find a sense of peace where you're never too high or too low. For me, that peace is in the process, just staying steady.”



# YOU DESERVE BETTER

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***The Better Man Project*** is the ultimate health handbook for any man who wants to live better and longer. Written by Bill Phillips, editor-in-chief of *Men's Health*, this 340-page manual is packed with thousands of useful tips and action items to upgrade your diet, fitness, health, relationships, career, and more (as easily as possible), plus specific DIY plans to make you the best man you can be.

**Any man can get a little bit better each day.  
Every man should. **Start today.****

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10



## Jon Gruden's Guide to Life

### Make Crazy<sup>6</sup> Work for You

"Early in my career, I'd splice film by hand so coaches could watch it at 6 a.m. the next morning. They'd look at me like, 'You gotta be nuts.' I love football so much I'd have done it for free."

# SHIFT YOUR PRIORITIES

Take a step away to see things clearly.



In 2011, Jason Brown walked away from his starting center job with the St. Louis Rams to launch First Fruits Farm and fulfill his mission to feed the hungry.

**THE REASON** Brown felt that something greater was in store for him. "It was a decision of faith. I knew nothing about farming," he says.

**THE REACTION** "People were calling me insane and stupid. My agent said I was making the biggest mistake of my life giving up \$20 to \$25 million over the next four or five years."

**THE REALIZATION** "The American Dream is more than financial success. We had a mansion in St. Louis, but now we're living in a 100-year-old farmhouse, digging up dirt,<sup>7</sup> and it's the most rewarding thing I've ever done with my life."

**THE REWARD** "I'm living with purpose. A person doesn't achieve true greatness until he becomes aligned with his purpose and puts his abilities in action. Seek approval from yourself, not others."

## BE A COMPLETE MAN

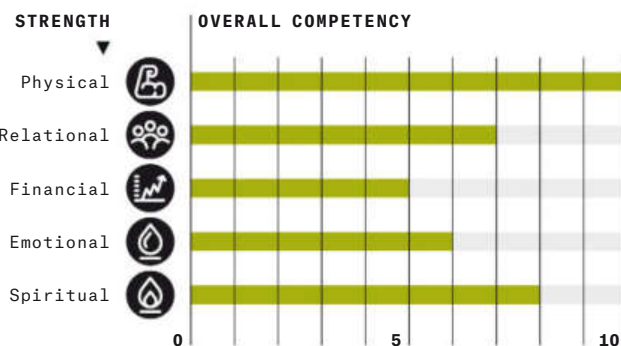
Rate yourself on this NFL scale, then fix what needs fixing.



Some players can be overly focused on their physical well-being, to the detriment of the rest of life. The NFL uses tools, like the Five Factor Wellness Inventory, to create a reference that lets players visualize their shortcomings and deal with them. For example, a guy might rate himself on a 10-point scale; anything under 7 could use

attention, says Dwight Hollier,<sup>8</sup> a former line-backer for the Dolphins and Colts who's now VP of wellness and clinical services for NFL Player Engagement. Some men link their self-worth to their work, Hollier says. If that's you, consider finding a coach for each area. For ideas, check out [nflplayerengagement.com/total-wellness](http://nflplayerengagement.com/total-wellness).

### Average NFLer's Talents Be honest: How do yours compare?



## CREATE YOUR OWN LUCK IF YOU THINK YOUR RITUAL WORKS, IT JUST MIGHT.

The NFL is full of superstitions and rituals,<sup>9</sup> from the Packers' Lambeau Leap to former Jaguars defensive tackle John Henderson's<sup>10</sup> habit of having someone slap him across the face before a game. According to researchers in Germany, lucky tokens—such as a favorite item of clothing worn under a uniform—can boost your self-confidence. These symbols give people the illusion of control over uncertainty, explains Eric Hamerman, Ph.D., a marketing professor at Iona College who studies such phenomena. But be careful: Superstitions are irrational. So if you leave your lucky charm back home, you run the risk of feeling doomed. "Reframe your objectives as learning goals rather than performance goals, focusing on the process and not the results," Hamerman says.



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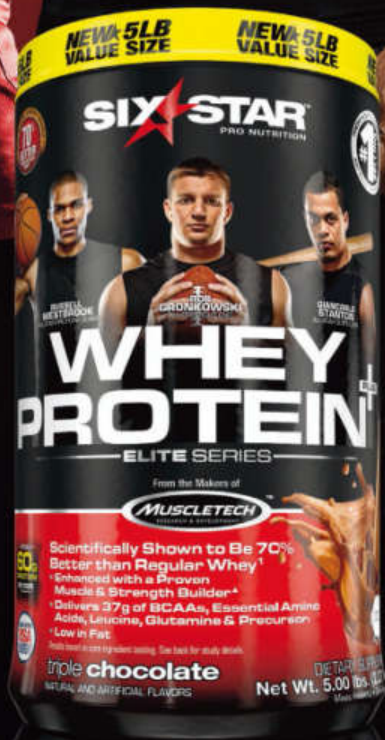
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**LOCK-IN  
MOMENT”**

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#GETPUMPED



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New lightweight Compression Sleeve provides support and fuses The Pump technology to any runner's foot.



#GETPUMPED



11



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15



## Jon Gruden's Guide to Life

### Give Your Team a Mantra

"With Tampa Bay, we had 'Pound the Rock.' The 'rock' was the opponent. If just I pounded the rock, I'd never get it to crack. But if everyone on the team pounded that rock, we'd smash<sup>11</sup> it."



## FOCUS AMID THE CHAOS ATLANTA FALCON DEVIN HESTER, ON STAYING CALM.

**EMBRACE RITUAL** Before a punt, Devin Hester<sup>13</sup> touches his feet, legs, and chest and points to the sky. Rituals can boost your performance. **WELCOME ANXIETY** "If I don't feel pressure, then I know my head's not in the game," he says. **IDENTIFY THREATS** While the ball is in the air, Hester takes a peek at the gunners to gauge their approach; then he returns his focus to the ball. **KNOW YOUR OPTIONS** Hester counts the seconds, and if he reaches 4½, he says, "I'm taking a big risk and it's time to call a fair catch." **PRETEND IN PRACTICE** "Every punt I catch, I say, 'It's game time, fourth quarter, 30 seconds left...' That way you train your mind, so when the time comes, you're prepared for it."

### ► DICK VERMEIL / ON LEADERSHIP

"IF YOU CAN'T CONNECT, YOU CAN'T LEAD. PEOPLE DON'T CARE HOW MUCH YOU KNOW UNTIL THEY KNOW HOW MUCH YOU CARE."



# SAVE YOUR MONEY

Take the advice of an unlikely source who learned the hard way.



Terrell Owens<sup>12</sup> says he didn't make and lose \$80 million in 15 years, as has been widely reported in the media. But he doesn't deny being KO'd by financial mistakes. "It's a hard pill to swallow," he says, "and I've learned some lessons." **WATCH THE PIGGY BANK** With a big contract worth millions, says Owens, "you feel like the money is endless. I should have been more aware of my financial situation, taking the time to sit down with my advisors to see what was coming in and what was going out. That's where a lot of guys go wrong." **LISTEN BETTER** The NFL holds money seminars for players. Still, T.O. says, "I literally sat there thinking, 'I got the best financial advisors possible and they have my best interests at heart, and this will never happen to me.'" But it did. **LOOK OVER A LOT OF SHOULDERS** "When I found out later what my financial people were doing with my money, it was just unbelievable. I should never have trusted them. I partly blame myself. I should have stayed on top of it."

## SEIZE YOUR MOMENT

Keep these 3 things in mind at game time.



KC's Jamaal Charles<sup>14</sup> went from backup to the team's all-time leading rusher. When opportunity knocks, here's how to answer. **BASK** "Know it as a blessing," says Charles, "and appreciate it." **REMEMBER** "I knew I was prepared and wasn't nervous. All I had to do was perform like I always had in high school and college." **SIMPLIFY** "Some guys let the outside stuff distract<sup>15</sup> them. They struggle with how their performance might affect their lives. I never worry about that. When I'm playing, I just play."





► **BO JACKSON / ON WINNING IN BUSINESS**

"I'M NOT THE SHARPEST KNIFE IN THE DRAWER, BUT I DAMN SURE SURROUND MYSELF WITH PEOPLE WHO ARE TWICE AS SHARP AS I AM."

# ENVISION YOUR EDGE

Use the mind tricks of the NFL's top stars.



Catching a football or speaking up in the boardroom both require the ability to be present in the moment. So says Michael Gervais, Ph.D., a psychologist who works with Pete

Carroll and the Seattle Seahawks. First step: Quiet your mind. "This is the way to not just perform under pressure but also dissolve pressure," he says. Second: Try "tactical breathing."<sup>16</sup> Start with 15 breaths at 10 to 12 seconds per breath; do this every day. "One organization I work with does three minutes of breathing prior to meetings," says Gervais. "Everyone puts their technology aside and trains to be fully present." With practice, you'll disconnect from irrelevant noise and enter that calm, confident zone where elite performance lives. Use all five senses to envision yourself excelling. This enhances neurological pathways in the brain, Gervais says, that will trigger the envisioned behavior when your time arrives. That's how you take it to the house.<sup>17</sup>

## QUINOA INVADERS THE NFL!

Try the Chiefs' healthy clubhouse snack.



That's how much of your daily protein 3 cups of Cinnamon-Vanilla Quinoa Puffs will provide. Munch 'em loose or mix them into trail mix or granola. Eat up, Andy Reid!<sup>18</sup>

### MAKE IT

Sprinkle 1 tablespoon water and 1/8 teaspoon vanilla extract on 3 cups puffed quinoa. Sprinkle on a pinch or two of cinnamon. Spread the quinoa out on baking sheets and crisp it in the oven for 3 to 5 minutes at 250°F. Remove when it's dry to the touch. Makes 3 cups. (Recipe from Chiefs executive chef Erin Wishon.)



## MAKE PEACE WITH PAIN

HOW ONE PLAYER DEALT WITH INJURY.

► "There were no days when I was pain-free," says former Bronco Nate Jackson,<sup>19</sup> author of *Slow Getting Up: A Story of NFL Survival from the Bottom of the Pile*. Know this:

**PAIN IS A CHOICE** "You can think about the pain and feel sorry for yourself and perform poorly, or you can ignore the pain and perform as well as you ever have. It's a testament to the power of the mind, and a skill that can be learned."

**PAIN TEACHES** "If you don't pay attention to your pain, if you're constantly numbing it, then you'll be unfamiliar with your body and your potential. It taught me what I can endure."

**PAIN STRENGTHENS** "Enduring physical pain helps you cope with emotional pain."<sup>20</sup> You know it will pass and that with a positive outlook and strength and resolve, it will improve."

18



12



18



19



26



**Jon Gruden's Guide to Life**

### Know When to Gamble

"Between the 40s, after a sudden change: That's a great time to launch one. And in life, you have to spice things up. I know a lot of people my age, 50, who are learning to play guitar."



# 10 Ways to Retire

A man with dark hair and sunglasses is sitting in a wooden Adirondack chair on a green lawn. He is holding a fishing rod with a long, thin, curved line that extends across the sky. He is wearing a white short-sleeved shirt with a blue and purple floral pattern and white shorts. In the background, there is a large white house with a green roof, a chimney, and several windows. The sky is blue with a few white clouds.

PLAY IT SMART, AND YOU WON'T NEED A FORTUNE TO LEAVE THE OFFICE BEHIND. NOW PASS THOSE MARSHMALLOWS, WOULD YA?

By Richard Sine / Photographs by Nathaniel Welch / P.130



10 Years Early







## Calculate Your Number—Then Toss It

Those online calculators will say you need 70 to 85 percent of your current income annually in order to retire comfortably. "That's nonsense," says David Gould, a former programmer who retired at age 45 with \$800,000 in assets. "I was living fine on 50 percent of my working income." Remember: The financial wizards who devise these calculators do so because they want to scare you into investing with them, says Fred Brock, author of *Retire on Less Than You Think*. "They're using the wrong set of numbers," he says, "and it leads to a lot of anxiety. Your true estimate should be based not on how much you're earning now but on how much you'll spend in retirement."

**▶ PLAY CATCH-UP**  
Got a late start? Hit fast-forward: Starting at age 50, you can invest an extra \$6,000 in your 401(k) and an extra \$1,000 in your IRA yearly, says investment analyst Maria Bruno, C.F.P. Stash some cash in nonretirement accounts too. Bruno suggests broad market ETF funds or municipal bond ETF funds.







2

### Don't Let Your 401(k) Get Lonely

Haven't opened a Roth IRA yet? Get on it. This account will offer you greater financial flexibility later in life, says Maria Bruno, C.F.P., a senior investment analyst at Vanguard. While the

Roth should be earmarked for retirement, she says, all the savings you pour into it is accessible tax- and penalty-free, so the money will be there if you run into a break-glass-in-case-of-emergency situation. You can also tap your Roth (up to the \$10,000 lifetime limit) to buy a first home or pay college expenses.

If you do leave or lose your job, resist the temptation to cash out your 401(k); 30 percent of people do this, and it's usually a huge mistake, says John Sweeney, executive vice president of retirement and investing strategies for Fidelity. When in doubt, just let it alone. Or you can move your account to an IRA or a new employer's plan. Warning: When transferring to a new account, have the check made out to the new financial firm and sent directly there. "If it's sent to you, the government will withhold a 10 percent penalty," says Sweeney, "and you'll pay taxes on the transferred amount." D'oh!

► **OPT FOR A 15-YEAR MORTGAGE** On a \$200K fixed-rate loan these days, you'll pay about \$90K less in interest than if you choose a 30-year term.



3

### Push Your Portfolio to the Limit

Embrace index funds. Charles Schwab forecasters see middle- and smaller-size stocks (like the Russell 2000 Index) returning 7.1 percent annually over the next 20 years. Large-cap

stocks (the S&P 500) are projected to return 6.3 percent; bonds, just 3.3 percent. Put \$1,000 a month into the smaller stocks for those 20 years, and if Chuck is right, you'll have \$516,278 by the end. With bonds, you'll have a mere \$338,330. "Even guys in their early 50s should probably own at least 50 to 60 percent of their portfolio in stocks," says Wes Moss, C.F.P., author of *You Can Retire Sooner Than You Think*. After that, you'll want to tip the balance to a 50-50 split with lower-risk investments like bonds.

► **GO SUPERLEAN** If you make \$50K, pretend you make 40, Sweeney says. Adjust your lifestyle, pay down debt, and plow the savings into your portfolio.



## Put Your Debts to Death

Pay off high-interest debt, like credit card balances, first. Don't rush to pay off college loans, says Stuart Ritter, a senior financial planner at T. Rowe Price. Interest on education loans tends to be lower, and it's often tax-deductible. Any extra cash is better served in your 401(k). Try a target-date fund, Ritter says. This type real-locates assets from a stock-heavy to a bond-heavy portfolio as your retirement date nears.

► **SCORE A KICKBACK** If you're paying off your balance in full every month, switch to a rewards card, such as Fidelity's American Express, which deposits 2 percent of your purchases into an IRA or 529 plan.









# 5

## Home In on Wealth

Your landlord is playing you, so ditch him. The net worth of the average homeowner is more than 10 times that of a renter, according to a U.S. government survey. Can't zap your mortgage in this lifetime? Think about downsizing. If you sell that \$300,000 home you purchased 20 years ago, you can use the accumulated equity (about \$159,000) to buy a smaller house with cash. And if your home's value has kept up with inflation, you could sell it for \$470,000. Give a 5 percent commission to your real-estate agent, and now you have \$306,000 in equity to play with. You can use that chunk of change to buy an updated two-bedroom house, no mortgage strings attached. What was likely your largest living expense—the mortgage payment—is now history. And since you have a smaller house now, your upkeep costs and property taxes should also come down. Total savings: nearly \$1,900 a month.

► **IT PAYS OFF!** Outsource your mortgage. On average, Airbnb hosts in L.A. took in nearly \$8K in rental income last year.



6

### Childproof Your Retirement Strategy

We know it, and you know it: Kids slow down your race to retirement. While that's no reason to forgo fatherhood, it does mean you'll need to strategize differently. Consider: The average middle-income family will spend \$245,340 to raise a child born in 2013, according to the USDA. The good news? You'll probably spend a bit less on the second or third child. The bad? That figure doesn't include higher education.

And college spending really matters, not just because it's a lot of money but also because many men start pondering early retirement just as their teenage kids start quoting prices for textbooks and meal plans. So incentivize your son or daughter to attend a state school. A student at a four-year private college pays an average of \$23,476 more per year in tuition and expenses than a student at an in-state public school. Is the extra \$23K worth it? No. Using pay data for 1.4 million college grads, the salary information site PayScale estimates that the average return on investment for people who attended public institutions is 13 percent higher than it is for private-school alumni.

► **KEEP THE CHANGE, KID!** A student's college loans should not exceed his or her projected first-year salary, says Mark Kantrowitz, publisher of Edvisors.



7

### Trust the Government (Just This Once)

Here's a comforting fact: If you want to retire at 50, your savings alone won't have to cover you for the rest of your life. You'll still be eligible for Social Security from age 62 onward—and yes, there's a good chance it'll still be around. "I've interviewed the head of the Social Security Trust Fund, and the fear of it disappearing in 20 years is overblown," says Moss. "Guys in their 30s and 40s can still count on about three-quarters of what their parents are getting from Social Security. Odds are, even 20 years after retirement, they'll still be receiving about three-quarters of the current benefit."

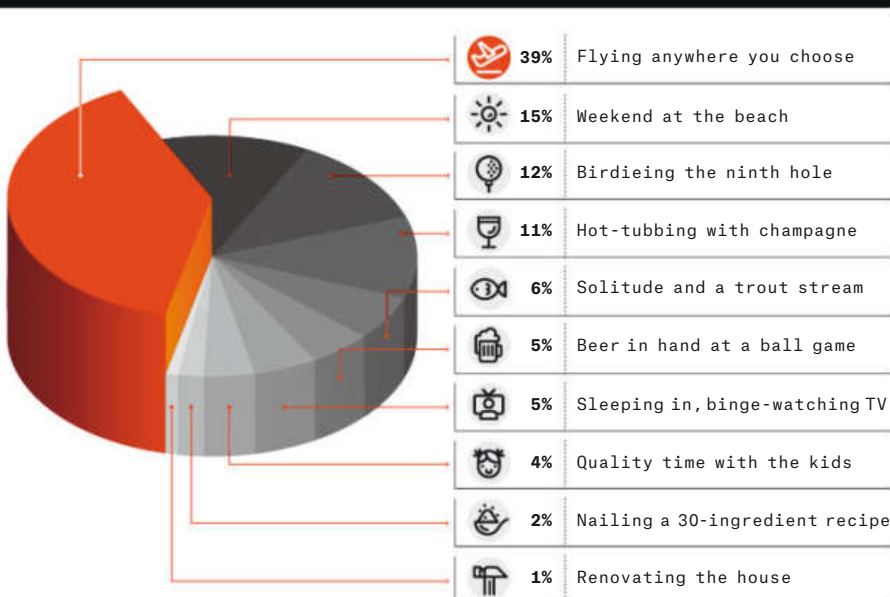
But if your mind is still not at ease, consider that you'll also have Medicare kicking in when you turn 65; this will cover most of your medical expenses. And even though you can't pull savings out of your IRA until you're 59½ without a big-time penalty, you can withdraw from your 401(k) penalty-free if you leave your job at or after age 55. And remember: You may not need as much retirement cash as you think. Once people hit their 70s, spending continues to decline, studies show.

CONTINUED ON P. 143

► **CALL OFF SECURITY** Put off collecting Social Security until 65 and your payment goes up 25 percent, Sweeney says. Until 70, about 64 percent.

## YOU'RE RETIRED. NOW WHAT?

We asked 380 readers how they'd spend their first day free of the office.







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**Testosterone  
for Sale**  
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Is low T an illness, a part of aging, an excuse to sell meds, or all of the above?



Grab your balls and read on.

-----  
BY PAUL  
JOHN SCOTT

PHOTOGRAPHS  
BY CLAIRE BENOIST



## A LOT OF THINGS CAN DIM THE FIREBALL INSIDE A MIDDLE-AGED GUY.

As a husband, father, homeowner, and perhaps boss, he's farther up the mountain but his backpack feels heavy. He might wake up one day and discover that he now weighs, oops, 225, with very little of it muscle. He might find nothing in the tank for sex if it's a Tuesday and past 9:30. Maybe he hasn't met all the goals he set at 30. Worse, maybe he did.¶ These are complicated burdens. Attempting to fix any one of them could be a huge challenge. How convenient, then, would it be if he could pop a pill that purported to be the rejuvenating answer? Given the choice between making life changes and filling a prescription for testosterone, it's an easy decision. But is the easy answer an effective one?

The fight to thwart male decline has been going on ever since the first guy with hair growing out of his ears plunked down a check for a four-wheeled mojo enhancer. But in the past seven years (since the start of the Great Recession—go figure), the struggle to stay vital is increasingly being approached as a biochemical problem, one requiring pharmaceutical intervention in the form of testosterone replacement therapy (TRT). And we're not just talking about men over 50 or even 40.

Depending on who you ask, the turbocharged rise in the use of TRT shots, gels, patches, and pills is either (1) an inspiring transformation in how doctors treat a vast and despairing brotherhood of men, or (2) expensive quackery that targets male vanity and has nonexistent benefits and deadly risks. The fact that the symptoms driving men to testosterone therapy are often subjective and can easily resemble those of normal aging, depression, poor sleep, or bad choices at the food trough only complicates the debate. Also not helping: Men's hormone levels are in a historic, culture-wide decline, under assault from a steady increase of obesity, painkiller abuse, food toxins, and estrogen-mimicking compounds in water and soil.

In March, the FDA announced that it had asked drugmakers to add language to the labels of testosterone replacement prod-

ucts warning of increased heart attack and stroke risk. But in February, a large review of the literature concluded that the research indicting testosterone replacement as a heart risk is vastly outgunned by the research showing that it helps. Confused? You're not alone.

"I have been shocked and at times even overwhelmed by the number of guys seeking help from my forum, due to misinformation, lack of information, and some doctors' cruel dismissal of their concerns about low testosterone," says Lee Myer, 55, a testosterone user in Tempe, Arizona, who runs an online forum for T-curious men. "The confusion is only made worse by pharmaceutical and clinic ads that push men toward a single answer." (Yes, some of those ads have run in *Men's Health*. It's a complicated topic, as you'll see.)

Myer's site, Peak Testosterone, is just one of several gathering spots where men trade notes about their experiences with vitality in a bottle. An IT professional who's married with three children, Myer hopes to change perceptions about TRT, starting with the idea that it's comparable to taking steroids or that the symptoms of low T are overblown. "Unless you've gone through low testosterone, you don't know what it's like," he says. "I'd like to take that doctor who is suspicious of the drug therapy and get his testosterone down to 259—to where he's got erectile dysfunction, he's about to lose his marriage, he can't think very well, and he's struggling in his practice."

Myer says TRT shots relieved him of a dysphoric mood—unease, anxiety, misery—that first took up shop in his cranium during his teen years. He says his testosterone turnaround gave him the energy to attack his job and responsibilities with renewed drive. "My cognitive abilities have never been better," he says. His focus has improved too. He is listening to music with attention and joy, he says, for the first time since he was a teenager. The pharmaceutical companies have not yet produced evidence that testosterone can help a guy dig that funky groove, but the oddness of the observation has an authentic ring. It makes you wonder if some sort of fountain of youth can be tapped in male hormones. "In my early 50s," Myer says, "I am finally living the youth I should have had in my 20s."

It's praise echoed by a man I'll call Sam, a 43-year-old scientist in San Francisco who went on testosterone shots three years ago when blood work revealed that he had low levels of something called sex hormone binding globulin, or SHBG. For Sam, it was life-style-related—he spread 215 pounds over a 6-foot frame, ate poorly, and found time to stress but not to exercise—and the SHBG deficiency was causing his body to burn through



### BEEF UP

A high-protein diet, fortified with iron from the gym, can give your T a drug-free assist.

"IT'S CRAZY HOW MANY

DUDES DO IT. YOU'RE IN

THERE FOR ABOUT TWO MINUTES. THE NURSE CHECKS ALL YOUR VITAL





=====

**TESTOSTERONE,  
BY THE NUMBERS**  
Depending on  
who you ask,  
your T may be  
A-OK or in the  
basement.

=====

For years, the official threshold for triggering testosterone replacement in men ages 50 and older hovered around 200 to 230 nanograms per deciliter (ng/dl). Today, guidelines from the Endocrine

Society recommend that doctors use whatever cutoffs their labs suggest to ID men who need TRT; these range from 300 to as high as 350 ng/dl.

Where did these new numbers come from? They're arbitrary, says

Victor Montori, M.D., of the Mayo Clinic. He was on the panel that wrote the guidelines and is critical of how they turned out. "These values are chosen by laboratories without connection with prognosis or response to treatment. They [the other panel members] took a continuous variable, and they drew a line here

and here," he says, chopping his hand at two points on an imaginary continuum. "By the new reasoning, 25 percent of men will have hypogonadism." His advice to guys: Don't rely on the guidelines. "We need a level below which treatment is associated with patient benefits. Unfortunately, that level has not yet been determined." —P.J.S.

SIGNS AND THEN SHOOTS YOU IN THE ASS."



## STOP THE T THIEVES

Three ways to fight flagging testosterone.

### Buy Broccoli

Cruciferous vegetables, such as brussels sprouts and broccoli, give you a dose of indole-3-carbinol (I3C). This compound suppresses estrogen production and helps fight T-depleting fat, says John La Puma, M.D. Steam 'em instead of boiling; the I3C will leach into the cooking water.

### Ditch Dirty H<sub>2</sub>O

Your local water authority tests for the weed killer atrazine, but even "safe" levels may not be: It's been linked to reduced T in animal studies. Dr. La Puma suggests using a water filter that's NSF certified to remove atrazine, such as Brita's Advanced Faucet Filtration System (\$30, [brita.com](http://brita.com)).

### Conk Out Early

Men who sleep less than five hours a night have lower levels of testosterone, says Dr. La Puma. Your body churns out the hormone while you snooze, so sacrificing sack time means those T factories won't hit their quotas. Aim for at least six hours a night, Dr. La Puma says. —Lila Battis

its available testosterone way too quickly. At the time, all he knew was that he couldn't get himself out of bed most mornings.

"I had become a father but realized I wasn't being a good father," he says. "I would sleep in. I didn't have the energy to read a story to my children at night, and it caused a lot of tension in my marriage." Today Sam rides a bike and has more lean muscle, and his weight is under control. He says testosterone gave him the energy to do all that.

Those are the guys the testosterone industry wants you to hear from. But there are other guys.

"I get a testosterone shot in the ass every week," says my childhood buddy Andy, 51, a marketing specialist in the Phoenix area. Andy couldn't tell you the exact blood level that triggered his decision. A single man, he's never had libido problems, and as for his physical condition, he trains at a place where NFL guys tune up. Andy's choice to go on testosterone was all impulse: Four years ago he saw the ads, heard about a clinic from someone in his gym, and decided it might help him stay on top of his game. He thinks TRT has helped his body composition, but he isn't sure. "It is crazy how many dudes do it," he says. "You're in there for about two minutes. The nurse checks all your vital signs and then shoots you in the ass."

Combine the serious users with the guys doing it on a lark, and then throw in all the dudes who quit taking testosterone after a month (19 percent, according to one study), and you're talking about millions of buyers of male hormones. Since the launch in 2008 of the "Is It Low T?" ad campaign funded by AndroGel (an *MH* advertiser), sales of testosterone have climbed 460 percent. Six and a half million prescriptions were written for testosterone in the United States in 2014. Total testosterone sales were a \$2.1 billion market that year. And it's all uncharted waters.

"My concern is this whole campaign is encouraging people to take hormones we don't know they need for a disease they don't have," says Steven Woloshin, M.D., codirector of the Center for Medicine in the Media at Dartmouth Institute for Health Policy and Clinical Practice. Dr. Woloshin may sound out of touch with the latest therapeutic options, or behind the times with the latest drug therapies, or unsympathetic to men who feel less manly. He may also sound unimpressed with the basic middle-aged wish to reexperience the sort of boner before breakfast that makes it hard to pee in a downward trajectory. (A hallmark of low testosterone is less morning wood.) But he's right: The phenomenon may be wishful thinking on a massive and expensive scale.





MEN OVER AGE 45 HAVE

DROPPED 20 PERCENT

IN JUST A FEW DECADES.

**TESTOSTERONE REPLACEMENT THERAPY IS CURRENTLY** approved only for the treatment of male hypogonadism, or lack of testosterone, caused specifically by a problem with the testicles or with certain parts of the brain—the pituitary gland and hypothalamus—that control the gonads. You might inherit such a state, or it could be caused by injury or such conditions as a brain tumor or an undescended testicle. Men with these types of hypogonadism have extremely low blood testosterone and symptoms like enlarged breasts, hairlessness, loss of muscle mass, low libido, and bones that break easily. According to a study in *JAMA Internal Medicine*, however, a quarter of men who supplement with testosterone never even bother having a blood test, and only half have been diagnosed with hypogonadism.

In 2010, in an attempt to differentiate what was becoming known as “late-onset hypogonadism” from normal, age-related T decline, researchers analyzed data from the European Male Aging Study, which followed more than 3,000 men ages 40 to 79 in eight countries. They found that out of 32 symptoms often mentioned in the same breath as “low T,” only three—a decrease in sexual thoughts, fewer morning erections, and erectile dysfunction—were associated with low levels of the hormone. “Low” was defined by the researchers as a total testosterone blood level of 320 nanograms per deciliter (ng/dl) or less and a free testosterone of 220 picomoles per liter or less. Anything more nebulous, in other words, and you’re just turning to TRT because life is getting weird on you. Hell, some experts argue that even having these symptoms and coming in at or under these levels doesn’t justify the drug. (See “Testosterone, by the Numbers.”) That matters, because as a number of recent studies have suggested, taking testosterone may double or even triple your risk of heart disease.

So here’s the bad news: Increasing your testosterone can thicken your blood and lower your good HDL cholesterol, both of which hike your odds of heart disease. Researchers first began to learn of testosterone’s link to cardiovascular risk between

2005 and 2009, when a team in Boston set out to determine if frail older men became more mobile after having their man juice jacked up. Their study, published in the *New England Journal of Medicine*, noted that the added testosterone made the men stronger on the leg press and chest press and climbing stairs. However, the trial was halted because 23 of the 106 men taking it developed cardiovascular problems, versus only five of the 103 men who’d been using a placebo gel.

By April 2013, researchers writing in *BMC Medicine* had sorted through thousands of results in 27 clinical trials and also determined that the risk of cardiovascular events went up for men on testosterone. (Curiously, this risk became apparent only in trials that were not paid for by the makers of the drugs.) Then in November 2013, researchers for Colorado’s VA system wrote in *JAMA* that they’d analyzed the data from 8,000 men with low T who had gotten an angiogram before going on the hormone. Three years after starting, 26 percent of the men on testosterone had either experienced a new cardiovascular event or died, versus only 20 percent of the men who didn’t take testosterone.

Another alarm sounded in 2014, when a study in the journal *PLOS One* looked at the health records of 55,000 men and found that testosterone use had doubled the risk of nonfatal heart attack in men over 65 and tripled the risk in younger men with a history of heart disease. (Younger men with no heart disease fared well on the drug.)

“The *PLOS One* paper excluded anybody who died of a heart attack,” says John Morley, M.D., a low-testosterone expert at Saint Louis University School of Medicine. “It may well be they found a higher level of heart attacks in men on testosterone because those men lived while the others [who didn’t take it] died.”

As for the *NEJM* study of older men and mobility, “It is good that it was a random controlled trial,” says Martin Miner, M.D., codirector of the Men’s Health Center at Miriam Hospital in Providence, Rhode Island. “But what was poor was that it really wasn’t a safety study. We don’t normally start elderly men with a history of heart failure on such large doses of testosterone.” In other words, the research wasn’t the best way to find out if testosterone is dangerous.

For some men, there’s no question that TRT is trouble. Back in 2008, Mike (not his real name) had borderline low T, some accumulating weight around his midsection, and amorphous regrets about the condition of his condition. “I’d just turned 43 and noticed that everything was slowing down,” he says. “My libido was low, and I was losing energy.” His doctor prescribed AndroGel. Mike’s testosterone levels didn’t climb much, but he says he did notice an increase in energy. “The anger went away, my frustration went down, and I was able to deal with things better,” he recalls.

Four years later, Mike had a heart attack. Two in one day, in fact. One of his arteries was almost fully blocked, and two others were at 40 percent. Yet Mike stayed on the drug for another two years, going off it only after hearing about the *PLOS One* study. Today



**LOW T ON TAP**  
Drinking as little as 16 ounces of beer a day can tamp down a man’s testosterone.

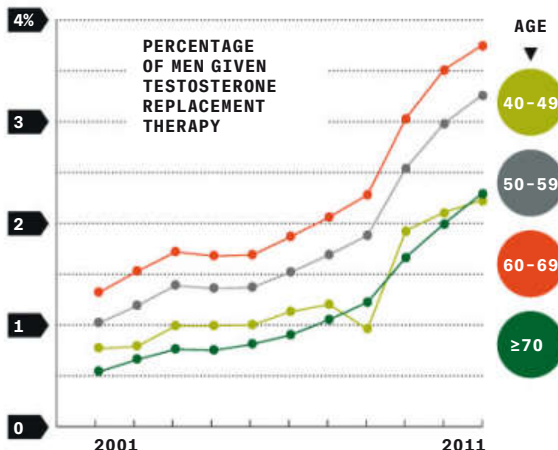
#### HOW TO MARKET

#### A MIRACLE

Drugmakers are selling youth, and we’re buying.



When University of Texas researchers reviewed a decade of TRT prescribing rates, they saw the impact of a looser definition of low T. But men in their 40s got an extra push. “The increase in use among younger men coincided with a rise in direct-to-consumer marketing,” says study author Jacques Baillargeon, Ph.D.



Mike is suing the makers of AndroGel. “Nobody discussed the risks, even after my heart attack.”

Blame the fog of T research. “I’m not saying testosterone is safe or unsafe,” says Dr. Miner. “I’m just saying those studies are so complicated, that for the lay public to interpret from them that a product causes significant risk is inappropriate.”

“There were 14 studies between 2006 and 2013 associating low testosterone with increased cardiovascular events,” says Dr. Miner. “Just because heart disease is associated with low testosterone doesn’t mean it was caused by it.”

This confusion is why many of the nation’s hormone experts specifically recommend against screening for low T; they just can’t say whether low T is an important health problem or not.

**HORMONES ARE CHEMICAL MESSENGERS** THAT tell our bodies what to do, but only some of their messages are a matter of life and death. Metabolic hormones turn energy into fuel. Stress hormones protect you in a crisis. Testosterone builds muscle and bone, but it mostly works with your wants, not your needs. Of course, low testosterone doesn’t have to be deadly to deserve our attention: Sam and Myer depict life before TRT as sluggish and glum. If you can cure a nagging woe, why not?

The problem is, the evidence isn’t even very good that TRT helps your mood.

“We don’t know that low testosterone is the primary reason people feel rotten or without much drive,” says Victor Montori, M.D., an endocrinologist at the Mayo Clinic. “After age 45, men lose a small amount of testosterone each year. If losing testosterone made you feel bad, then there should be more 70-year-olds feeling robbed of life than 60-year-olds, and more 60-year-olds feeling like a shadow of their old selves than 50-year-olds. I haven’t seen that data.” Moreover, doctors can’t even agree on what a healthy level of testosterone is. “This is why no one should ever make the diagnosis of low testosterone without seeing some sort of symptoms,” says Dr. Morley.

Dr. Morley designed the low-testosterone symptom questionnaire of the moment, the Androgen Deficiency in the Aging Male (ADAM) test, a 10-item worksheet that asks, “Is It Low T?” Candid and chatty (in 2013 Dr. Morley famously told the national media he had written the highly promoted test in 20 minutes on a roll of toilet paper

in the bathroom), he doesn’t try to argue that the test is perfect. “It’s very good at not missing people,” he says, “but it’s not very good at diagnosing low testosterone. It’s a screening test.” While it’s better than anything else that’s out there, he says, “it may overinclude people who won’t benefit.”

Yet it’s likely that millions of men have diagnosed themselves as having low T after answering yes to some of Dr. Morley’s broadly drawn questions. The test asks about a cornucopia of subjective existential midlife issues, such as declining energy, increased sadness, soft erections, less enjoyment, poor work performance, reduced height, problems with strength and endurance, difficulty playing sports, and low libido. You only need to answer yes to both the low sex drive and soft erection questions, or three of any of the others, to be termed a candidate for a low T diagnosis; on bad days it’s easy for many men to run the table. The “Is It Low T?” website that hosted the quiz was taken down in May.

“It’s been extremely effective,” complains Dr. Woloshin, a critic who believes the questionnaire has triggered the current rush on products. “The problem is that it overpromises the benefits of testosterone while it underplays the harms, and it makes men think low testosterone is the cause of problems that are unrelated.”

The inflated promises of TRT start with the idea that it can inflate your dick, not to mention the suggestion that erectile problems are even reliably related to testosterone deficiency. A 2011 review from Imperial College London, for instance, found “no relationship between testosterone level and the severity of erectile dysfunction.” (While impaired sexual function is required for the diagnosis of late-onset hypogonadism, most men with erectile dysfunction have normal T levels.)

What *can* testosterone do? “When you look at clinical trials of people with moderate or mild low testosterone receiving physiologic testosterone replacement,” says Dr. Montori, “the impact on quality of life and sexual function is either minimal or nonexistent.”

Dr. Morley disagrees: “Poor libido and a poor quality of erection are the symptoms most related to poor testosterone,” he says. “There is also a subset of people with low testosterone who have fatigue, who are unhappy, and who don’t have strength. They look like they’re depressed, but they actually

have low testosterone.” Except here, too, the science isn’t on his side: The European Male Aging Study results also show that psychological symptoms had little or no association with testosterone levels.

**JOHN LA PUMA, M.D., IS A CRITIC OF USING TRT** without a diagnosis of hypogonadism. The California-based internist and author of *Refuel: A 24-Day Eating Plan to Shed Fat, Boost Testosterone and Pump Up Strength and Stamina* wrote a widely shared op-ed arguing that low T was a pharmaceutical-industry-generated sickness. But he’ll readily acknowledge that the decline in testosterone is real. He says it’s the *causes* of low T we should be talking about and correcting. “Men’s testosterone levels are dropping,” says Dr. La Puma, who cites a 2007 study in the *Journal of Clinical Endocrinology and Metabolism*, which found that average T levels in men over age 45 were 501 ng/dl in the late 1980s, 435 ng/dl in the mid-1990s, and 391 ng/dl in the early 2000s.

“That’s down 20 percent in a few decades’ time,” he says. “I think what’s not recognized is how lifestyle affects testosterone levels.”

Alcohol lowers testosterone. So do steroids, stress, and opioid painkillers (enough opioid prescriptions are written these days for every adult to have his or her own bottle). There are also testosterone-diminishing forces in the environment to be considered. A study in the journal *Fertility and Sterility* found a specific association between exposure to phthalates (a group of chemical compounds widely used in soft plastics) and male infertility. These so-called endocrine disruptors can invade your system every time you heat up foods in plastic containers, plates, or wraps. “They transfer into hot, oily foods,” says Dr. La Puma, “and change the way hormones work in the body.”

Still, the smart money says the primary cause is in front of our eyes, and down about 18 inches.

“I think it’s pretty clear that men gain weight in the belly,” says Dr. La Puma. “We tend to overeat starchy, sugary foods because they’re handy, quick, cheap, and available. Those foods are incredibly efficient at making men obese.” Men’s belly fat cells convert their testosterone into estrogen, he says, and can make testosterone plummet.

Results from the European Male Aging Study also found that low T was often paired with excess body weight. Three out of four men with low T were overweight, and that included every one of the 40-somethings in the group. And the fatter the man, the greater the risk, the study noted.

These are mostly the men Andy shares the waiting room with, before the needle in the ass. “The guys I see skew between 40 and 60,” he says, “and most don’t look like they work out regularly.”

“If you have an epidemic of obesity, an aging of the population, and increased stress and stress hormones,” says Dr. Montori, “all those things should go hand in hand with loss of testosterone on average in the population.”

THREE OUT OF FOUR MEN WHO HAVE LOW

TESTOSTERONE ARE OVERWEIGHT.



## Satisfaction GUARANTEED!

► RETIRE 10 YEARS EARLY, CONT. FROM P. 135

That's why even supporters think testosterone therapy is only meaningful if it triggers men to do what's right for their health. "I am not in any way advocating the use of testosterone for treating obesity," Dr. Morley says. "The risks don't seem reasonable to me."

Dr. Miner agrees: "Testosterone without exercise and diet or lifestyle change is of very little value." Treating obesity could entail showing men the biology behind their bellies and how it influences their T. The rest might just come down to needing an expert ear.

"Many of my patients finish our conversations crying," says Dr. Montori. "Maybe it's a college professor making mistakes while teaching and wondering if he is getting Alzheimer's. That's life, not low testosterone. It's the fear of death. The fix to that, for a doctor, is to listen. Can you prescribe someone a hug? We can't expect doctors to fix all these existential problems, and the costs for health care are going to keep going up."

"Small changes can make a big difference when guys learn how their bodies work," adds Dr. La Puma. "If you tell guys the reason their testosterone is dropping is because of their belly fat cells, they go, 'Really?' Then if you tell them that their belly is not just a spare tire but an active endocrine organ, men like to know that. We like to know how stuff works. It helps to know that their belly fat is breaking them, that it's a fixable problem."

Specifically: It's fixable without turning to a shot of testosterone. ■

### 8. Seek Divine Intervention

If your finances are in order and your health is good, look for a low-price, high-deductible health insurance plan and gamble on yourself, says Jeff Yeager, AARP's savings expert. Or consider faith-based medical expense sharing. These plans are for Christians only, but Liberty HealthShare says its plans are for all people who agree with its "statement of shared beliefs," don't abuse alcohol or drugs, and are healthy. With Liberty, a single guy over 30 would pay a \$500 deductible and just \$199 a month. A family would pay \$449 a month. The plan covers 100 percent of medical bills up to \$1 million per incident. "It could be the ideal replacement for health insurance," says Philip Taylor, a CPA and founder of the PTMoney blog. Taylor's family saved nearly \$4,400 in seven months by switching to one such program, Medi-Share.

### 9. Score a Lifetime Paycheck

Next time you hop jobs, look for a compensation package with a pension—a plan your employer pays into with deferred wages. In retirement, this provides a steady income. Pensions used to be more common, but 22 percent of Fortune 500 employers still offer them to new hires, according to the risk management and HR consulting firm Towers Watson. Average annual benefit: about \$8,600. Focus your search on larger, older companies, says Nancy Hwa, a spokeswoman for the Pension Rights Center, an advocacy group for pension holders. You might have more success with certain industries: Sixty-six percent of insurance companies, 59 percent of utilities, and 44 percent of energy firms offer pensions, according to Towers Watson.

### 10. Upgrade to the International Plan

After retiring at age 38 with about \$500,000 in investments, former money manager Billy Kaderli sold his home and started traveling full-time with his wife. Today they live in a hotel on the shores of Guatemala's Lake Atitlán. Their room has a volcano view, broadband, and weekly maid service, and they can walk or take a boat to a variety of great restaurants. Total cost? About \$1,350 a month, roughly the same as the average Social Security benefit for a single retired American. There are dozens of locations in Latin America and Asia where you can live comfortably for \$1,000 a month, says Kathleen Peddicord, author of *How to Retire Overseas*. "For \$3,000 a month, you can attain a luxury lifestyle in a lot of places." ■



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# Your Recall Notice

How you fare when left to your own mnemonic devices.

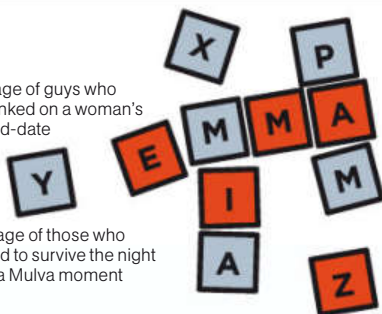
THE  
AVERAGE  
GUY

**26** Percentage of men who say the birth of their child is their happiest memory



**43** Percentage of guys who have blanked on a woman's name mid-date

**34** Percentage of those who managed to survive the night without a Mulva moment



**4** Age of the average guy at his earliest memory



**50s** Decade when he starts to notice memory loss

**2 IN 5** Number of men who regularly forget one of their login passwords



**18** Percentage who recall that getting hitched was

**27** Percentage who'd love a chance to erase the details of a past relationship

**22** Percentage of guys who swear they have a photographic memory



**<0.1** Percentage of people who actually have something like a Nikon in their noggin



Percentage of men who've spaced out on their mate's birthday

**42** Percentage of stereotype-defying guys who have never forgotten their anniversary

**34** Percentage of men whose absent-mindedness cost them a cellphone



**60** Percentage who still have one of those can't-forget-it phones (a.k.a. landlines) at home



**HALF**

Proportion of men who wish their doctor could prescribe them a memory steroid

**32** Percentage who think popping a fish oil supplement will boost their brainpower

**75** Percentage who always remember because they never bother changing their passwords

**49** Percentage of men who think (and hope) they'll see a cure for Alzheimer's in their lifetime



**62** Percentage who'd rather lose their brawn than their brain

**41** Percentage of men who can rewind to their childhood via VHS tapes



**22** Percentage who predict they'll one day want to forget their youthful Facebook posts

**27** Percentage who are confident the social network will be on life support long before they are



## HIT "DELETE" ON A BAD TIME

You can sidestep an unhappy memory much the same way you avoid a collision, says University of Cambridge neuroscientist Michael Anderson, Ph.D. When something triggers the memory, "swerve" to a more positive recollection, he says. So if a photo reminds you of a bad breakup, recall a happier time with your ex. Or just hit the brakes: Focus intently on the photo and tell yourself not to go to that painful place. Employing either strategy once or twice won't have much effect, but do it consistently when faced with the trigger and you'll retrain your brain.

## GET YOUR HEAD IN THE GAME

Playing certain types of games may reduce your risk of developing Alzheimer's later in life, suggests a new study from Saint Louis University. According to researcher George Grossberg, M.D., exercising your brain with fresh challenges causes it to develop new circuits. Those additional connections may make your brain more resistant to degenerative diseases. So look for a word game, math challenge, or brain-training app that you haven't played before. Dr. Grossberg likes Wordmania, Conundra, and Brain Fit. Spend 15 to 30 minutes a day on it to stay sharp.





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